

OFFICIAL



# Health & Physical Education @ MSC



**MINDARIE**  
SENIOR COLLEGE

Where Your Future Begins

# ATAR Health Studies

## What is ATAR Health Studies?

ATAR Health Studies explores how to keep the community healthy and prevent illness.

## What will we cover?

- Population health
- Contemporary health issues
- Determinants of health
- Health literacy
- Diseases
- Frameworks & theories relating to health promotion

Students will experience a variety of guest speakers and the opportunity to attend an excursion at Royal Perth Hospital.

## What does a typical week look like?

Two singles and one double session per week. Students are expected to complete study and assessment tasks at home (approx. 2 to 3 hours/week).

## Complementary Courses

- ATAR/General Human Biology
- ATAR/General Psychology
- General Science in Practice
- ATAR/General Food Science & Technologies
- Children, Family & Community: Caring for Others

## What can it lead to?

Health Promotion, Teaching, Medicine and Health Sciences, Physiotherapy ,  
<https://myfuture.edu.au/bullseyes/details/16--health>

## Are there any Prerequisites?

- B grade in Year 10 English
- An interest in Community Health

# General Health Studies

## What is General Health Studies?

General Health Studies explores how to keep people healthy and prevent illness.

## What will we cover?

- Mind, body & environment
- Impacts of individual behaviour
- How to contribute to a healthy community

## What does a typical week look like?

There are two singles and a double of theory per week. This subject will include research tasks, projects contributing to the College Health Expo and creating informative health resources.

## Complementary Courses

- ATAR/General Human Biology
- Children, Family & Community (CFC): Living Independently Focus
- General Science in Practice
- ATAR/General Food Science & Technologies
- Children, Family & Community (CFC) Infant Child Focus

## What can it lead to?

Health Promotion, Health Services, Nursing  
<https://myfuture.edu.au/bullseyes/details/16--health>

## Are there any Prerequisites?

- C grade in Year 10 English
- An interest in Community Health

# ATAR Physical Education Studies\*

## What is ATAR Physical Education Studies?

In ATAR Physical Education Studies we will study the science of sport. You will also be assessed on your practical performance in a selected sport.

## What will we cover?

- Functional anatomy
- Exercise physiology
- Biomechanics
- Motor learning
- Sports psychology

## What does a typical week look like?

Of the four hours per week in class, three are dedicated to theory and one hour to practical. The split of theory grade to practical grade is 70% theory and 30% practical. It is also expected that students are spending at least 3-4 hours per week on home revision.

## Complementary Courses

- ATAR/General Human Biology
- ATAR/General Psychology

## What can it lead to?

Physiotherapy, Occupational Therapy, Sport and Exercise Science, Nutrition, Teaching, Sports Coaching, Sports Management, Certificates in Fitness

<https://myfuture.edu.au/bullseyes/details/28--physical-education>

## Are there any Prerequisites?

- B grade in Year 10 English & Science
- Not essential but highly recommended that students are participating in one of the listed sports outside of school.

\* Indicates List B Courses

# General Physical Education Studies\*

## What is General Physical Education Studies?

This course is a mix of practical lessons and theory lessons where you will learn the science behind sport.

## What will we cover?

- Functional anatomy
- Exercise Physiology
- Biomechanics
- Motor learning & coaching
- Sports psychology

## What does a typical week look like?

There are four periods per week. Double periods will be physical sports where you will learn skills, strategies and tactics of a selected sport. The two single lessons will be theory lessons in the classroom.

## Complementary Courses

- ATAR/General Human Biology
- ATAR/General Health Studies

## What can it lead to?

Certificate III and IV Fitness, Certificate II, III, and IV in Sport and Recreation  
<https://myfuture.edu.au/bullseyes/details/28--physical-education>

## Are there any Prerequisites?

- None, however- students must be willing to participate in team sport.

\* Indicates List B Courses

# General Outdoor Education (and Surf Life Saving Cadets) \*

## What is General Outdoor Education Studies?

General Outdoor Education is the development of relationships through sustainable outdoor experiences. It focuses on learning about self, others and the environment. This program is linked to our Surf Lifesaving Cadets program.

## What will we cover?

- Safety in the outdoors
- First Aid
- Preparing for outdoor activities
- Weather & understanding the environment
- Leadership & interpersonal skills
- Surfing & Surf Rescue
- Kayaking
- Mountain Biking
- Rock climbing & Abseiling

## What does a typical week look like?

Double periods will be mostly spent offsite participating in practical activities: Semester 1 is water based focusing on the surf lifesaving and water safety aspects. Semester 2 is land based. The two single lessons per week will be a mixture of theory and practical application of skills required for expeditions.

## Complementary Courses

- ATAR/General Geography

## What can it lead to?

Certificate III & IV in Outdoor Recreation, Outdoor Education Teaching  
<https://myfuture.edu.au/bullseyes/details/26--outdoor-education>

## Are there any Prerequisites?

- **Ability to swim 200m in open water within 5 minutes**
- Ability to ride a bike (offroad)

\*Indicates List B Courses

# Talented & Elite Athletes – Mindarie (TEAM) Program

## What is the TEAM Program?

TEAM (Talented & Elite Athletes- Mindarie) is an Endorsed Program designed to support elite athletes in both their academic endeavours and development in their chosen sport whilst enrolled at Mindarie Senior College.

## What will we cover?

Students in TEAM will focus on maintaining their health and wellbeing, including all aspects of recovery, injury prevention, nutrition, strength and conditioning, and sports psychology. Students will be mentored and supported to manage their time between competitive sports and the demands of Senior Secondary schooling.

## What does a typical week look like?

If selected, students will be eligible to enrol in our Endorsed Program and it will appear as a Course on the student's timetable- two single periods and one double per week. Some flexibility is given in the week which allows students to catch up on work they may miss as a result of training and/or competitions.

## Complementary Courses

- ATAR/General Physical Education Studies
- ATAR/General Health Studies
- ATAR/General Human Biology
- General Outdoor Education Studies

## Are there any Prerequisites?

- Students must be competing at an elite level in their selected sport
- Students select the Course as part of their subject selection online and bring the TEAMS Application with the associated documentation to their enrolment interview: <https://www.mindarie.wa.edu.au/course/talented-elite-athletes-mindarie/>

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