
SUBJECT: HEALTH EDUCATION

STATUS: Authority Subject

CODE: SHE

COST: TBA

COURSE OVERVIEW:

Health is a quality of life that is influenced by the interaction between individuals and their sociocultural, physical, political and economic environments. Through the study of health education students develop a belief that through their own personal actions they can achieve better health for themselves or for others. Health Education helps students solve problems and make decisions about changes needed for their own health and for the health of their community. Health Education provides an excellent foundation for future careers in health areas such as health promotion, public health administration, nursing, medicine, nutrition and dietetics, occupational health and safety, environmental health and allied health professions.

COURSE STRUCTURE

Health Education is concerned with the development of knowledge and understanding, analytical skills and attitudes and values needed to promote health and to help people reach their health potential. It includes studies of the health impacts resulting from interactions between individuals and their social and physical environments. The subject begins with an introductory module that focuses on health issues and explains the major concepts of the course which include the social view of health, the social justice framework, and health promotion as developed by the World Health Organization in Ottawa in 1986. Through a social view of health further areas studied are:

- Personal health
- Peer health
- Family health
- Community health
- Environmental health
- Health of specific populations

Health issues are studied using an inquiry approach that involves defining and exploring the issues, planning for “socially just” maintenance or change, and reflecting on the issues.

Students will be involved in a wide range of learning experiences to achieve the aims and objectives of the subject: for example, case studies, excursions, guest speakers, collection and interpretation of newspaper and magazine articles, and various forms of research including the use of computers. Through open discussion, individual activities and group activities students will use health information to solve problems and develop strategies for health change and health promotion.

This subject is a good choice for students who would like to extend some of their Year 10 Science studies into Senior, rather than specialise in one branch of Science.

It would provide excellent science background for any Senior student irrespective of career goals.

ASSESSMENT TECHNIQUES:

A wide range of assessment techniques may be used including integrated presentations, research tasks, essays, non-written presentations and responses to stimuli.

SPECIAL REQUIREMENTS:

- Students need to be committed to physical involvement in this course of instruction. Practical fieldwork / excursions will incur additional costs.

Students must be proficient in Year 10 English as the Health program has a high literacy requirement (in both critical and mechanical literacy) to complete the course successfully.