HEALTH EDUCATION

Authority Subject  CODE: HED

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 and 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 focuses on a range of health issues through the health promotion frameworks such as the Social Justice Framework and the five action areas of the Ottawa Charter. All issues are examined through all levels of society, including:
- Personal health
- Peer health
- Family health
- Community 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, including case studies, excursions, guest speakers, collection and interpretation of newspaper and magazine articles, and various forms of research including the use of technology. Through open discussion and individual or group activities, students will use health information to solve problems and develop strategies for health change and health promotion.

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 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.