

## 8. Year 11 Subjects 2011 (Physical Education)

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### VCE Health and Human Development

#### *Introduction*

Through the study of VCE Health and Human Development, students investigate health and human development in local, Australian and global communities. Health is a dynamic condition that is influenced by complex interrelationships between individuals and biomedical and behavioural factors, as well as physical and social environments. These interrelationships are reflected in a social view of health that sees health as being created in the settings where people live and work. This social view of health recognises the need for personal skills development, the importance of empowering communities to take action to promote health, the creation of social and physical environments that are supportive of health and development, an awareness of the impacts on health of public policies and the need for health services to be oriented towards health promotion and the prevention of ill health.

The VCE Health and Human Development study approaches the concept of 'development' as a continuum, that begins with individual human development in Units 1 and 2 and progresses towards human development at a societal level in Unit 4. In Units 1 and 2 the study of human development is about individual change, that is a continuous lifelong process that begins at conception and continues until death. Individual human developmental changes are cumulative; development that occurs in the future is dependent upon development occurring in the past. Unit 4 takes a global perspective on health and human development and uses definitions of human development that are consistent with approaches taken by both the World Health Organization (WHO) and the United Nations (UN). In Unit 4 human development is about expanding people's choices and enhancing capabilities (the range of things people can be and do) and their freedoms; enabling people to live full, productive and creative lives; having access to knowledge, health and a decent standard of living; and participating in the life of their community and decisions affecting their lives (adapted from the United Nations Development Programme, 1990).

The study of Health and Human Development is based on the premise that health and human development needs to be promoted at an individual level, and within group and community settings at national and international levels, to maximise global development potential. This underpins the structure of the four units of Health and Human Development. The study also promotes the understanding that nutrition plays a major role in influencing both health status and individual human development.

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### VCE Health and Human Development (Cont...)

#### Unit 1: The health and development of Australia's Youth

##### *Areas of Study:*

This unit introduces the students to an understanding of physical activity, including the relationships between body systems and physical activity, the place of physical activity in contributing to students' own well being.

In this unit students are introduced to the concepts of health and individual human development. The World Health Organization (WHO) defines health as 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity' (World Health Organization, 1946). The WHO's definition is still widely used today, despite the identification of a number of limitations. Individual human development is a lifelong continuous process beginning at conception and ending with death and is perceived as involving a series of orderly and predictable changes, which can be classified as physical, social, emotional and intellectual.

This unit focuses on the health and individual human development of Australia's youth. For the purposes of this study, 'youth' is defined as twelve to eighteen years of age; however, it should be acknowledged that some agencies may use differing age classifications for the stage of youth. There are many factors that influence health and individual human development of youth, including the importance of nutrition for the provision of energy and growth as well as food behaviours and their impact on youth health and individual human development. The health status of Australia's youth is good and continues to improve as demonstrated by reductions in morbidity and mortality from communicable diseases, chronic diseases, suicide, motor vehicle accidents and other injuries.

##### *Assessment:*

Unit 1 consists of three outcomes:

- Outcome 1 – Students should be able to describe the dimensions of, and the interrelationships within and between, health and individual human development.
- Outcome 2 - Students should be able to describe and explain the factors that impact on the health and individual human development of Australia's youth.
- Outcome 3 - Students should be able to outline health issues relevant to Australia's youth and, in relation to a specific health issue, analyse strategies or programs that have an impact on youth health and development.

##### *Assessment Break-Down:*

The outcome for this unit can be completed in a variety of ways:

- a case study analysis; a data analysis; a visual presentation, such as concept/mind map, poster or presentation file; a multimedia presentation, using more than two data types (for example, text, still or moving images, sound or numeric) and involving some form of interaction such as hyperlinks; an oral presentation, such as a debate or podcasts (audio or visual); a blog; a test; and a written response.
- There will be an end-of-semester Examination.

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### VCE Health and Human Development (Cont...)

#### Unit 2: Individual Human Development & Health Issues

##### *Areas of Study:*

Individual human development is perceived as involving a series of orderly and predictable changes, which can be classified as physical, social, emotional and intellectual. Over the lifespan, individuals accumulate life experiences that affect both their health and individual human development. This unit focuses on the lifespan stages of childhood and adulthood.

Health and development during childhood has been identified as having a significant impact on both health and development throughout the rest of the lifespan. There are many determinants of health and development of Australia's children; however, social environments such as the family and community are crucial, as children develop through their relationships with others. The lifespan stage of adulthood represents a period of great diversity. The period of adulthood commonly spans a time frame of over sixty years. The health and individual human development of this group can vary considerably and is influenced by a range of determinants, which include biological and behavioural factors, as well as physical and social environments.

##### *Assessment:*

Unit 2 consists of three outcomes:

- Outcome 1 - Students should be able to describe and explain the factors that affect the health and individual human development of Australia's children.
- Outcome 2 - Students should be able to describe and explain the factors that affect the health and individual human development of Australia's adults.
- Outcome 3 - Students should be able to analyse a selected health issue facing Australia's health system, and evaluate community and/or government actions that may address the issue.

##### *Assessment Break-Down:*

The outcome for this unit can be completed in a variety of ways:

- a case study analysis; a data analysis; a visual presentation, such as concept/mind map, poster or presentation file; a multimedia presentation, using more than two data types (for example, text, still or moving images, sound or numeric) and involving some form of interaction such as hyperlinks; an oral presentation, such as a debate or podcasts (audio or visual); a blog; a test; and a written response.
- There will be an end-of-semester Examination.