

Health and Wellbeing A/T

Health and Wellbeing focuses on the understanding of health in the context of society and the mechanisms necessary to develop and promote health for individuals, groups, communities and nations.

Rationale

Why would you do this course?

Health and Wellbeing is a course that offers students the opportunity to look at practical strategies for improving a variety of health dimensions for individuals. It builds on conventional knowledge to extend students and apply to their immediate context.

Beyond the classroom, this subject offers you:

- Examine health practices at LTC
- Engagement in outdoor activities
- Tutorial support and assistance

Learner dispositions

What type of person usually studies this course?

Learners who would study this course typically engage in physical activity and want to understand more about physical and mental health. They also like looking at the big picture and solutions to problems affecting Australia and other countries.

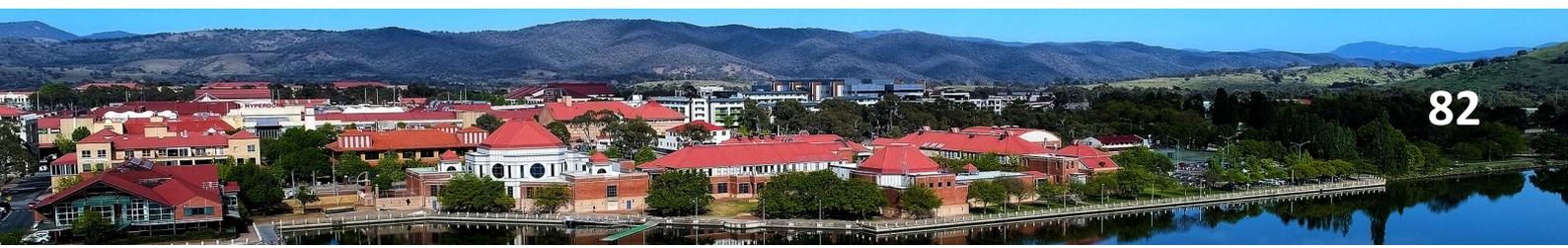
Learners who study this subject will often go on to work in or study a range of professional and allied health and community service sectors.

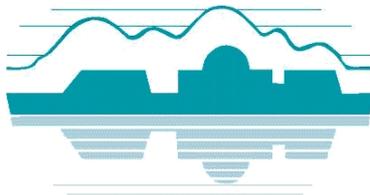
Readiness

What courses or previous experience would make a student ready to study this subject at LTC?

You are ready to study this subject if you have an interest in health and want to learn more about health in a variety of contexts.

There are no prerequisites and you don't need to have any experience in health or wellbeing before studying the course.





Content and Assessment Overview

This course runs in a two-year rotation. Students can therefore start the course in 'Year 2'.

Year 1 investigates health of individuals and the overall health of Australia through all health dimensions. Health determinants and challenges, along with solutions and treatments, are investigated personally and nationally.

Year 2 investigates issues in population groups and around the world through a similar lens, including organisations supporting health of humans.

Unit Breakdown and Course Pattern

Two-year rotation:

Year 1: Units 1 and 2

Year 2: Units 3 and 4

Unit 1: Individual Human Health

Students will identify and understand influences on individual health and examine the indicators and determinants of their health. Students investigate individual human development across the lifespan which involves a series of orderly and predictable changes which can be classified as biological, behavioural, environmental and social. Students will evaluate influences on individuals such as media and reflect on personal and social actions to promote and improve health outcomes for individuals.

Unit 2: Health in Australia

Students will define health, examine the indicators and determinants of health and explore health promotion in Australia. Students investigate the priority health areas, major causes of ill-health and the role of health services in preventing and treating ill-health in Australia. Students will evaluate public and private contributions to Australian health care and explore the different support professions and organisations and their role in providing health for Australia.

Unit 3: Health of Populations

Students will study the health status of various populations, examining concepts, models, theories and principles which can be applied to address health inequities. Students interpret relationships in data which explain these disparities in health. Students examine different cultural perceptions and approaches to health and wellbeing.

Unit 4: Global Health and Human Development

Students will examine the role of international organisations including the UN and WHO in combating inequality. Students explore current issues on global health and review strategies designed to promote health and sustainable human development globally, as well as government and non-government contributions to international health programs.

Types of assessment items:

- Practical investigations
- Research reports
- Posters
- Oral presentations
- Exams

For more information, visit the BSSS website, speak to the SLC of **Science/PE**, or visit the LTC website:
http://www.ltc.act.edu.au/Learning/unit_outlines

