

Erindale College

Assessment Period:	2022 S1
Course:	HEALTH AND WELLBEING
Unit:	Individual Human Health (1.0)
Accreditation:	T
Year:	12

Specific Unit Goals

This unit should enable students to:

- critically analyse health and wellbeing theories, concepts, principles, methodologies, assumptions, perspectives and ideas in an individual health context
- critically analyse the nature and purpose of health and wellbeing and the impact of factors that influence the individual
- critically analyse values and attitudes and evaluate their influence on health and wellbeing

Content Descriptions

Concepts, theories and models

- critically analyse theories and models for individual health through research, for example, biomedical and holistic health models and social determinants of health (biological, behavioural, environmental and social)
- critically analyse concepts relating to individual health through the lifespan, for example, health as a social construct, myths and misconceptions, health issues across age groups
- apply concepts, theories and models in a range of activities for example, undertaking health/basic fitness testing, and health journals

Principles, strategies, methodology

- critically analyse health methodologies in an individual health context, for example, holistic and biomedical approaches to health, prevention vs treatment
- apply principles, strategies and methodologies in a range of activities, for example, implementing health interventions, health promotion strategies and campaigns, action research, seminars

Nature and purpose

- demonstrates a range of personal health skills that enables individuals to promote and maintain personal health throughout the lifecycle such as prenatal, childhood and adulthood
- investigate and develop skills to enable young people to attain better health eg reading and interpreting food packaging labels

Representations and interpretations

- critically analyse key issues affecting the health of individuals and propose ways of working towards better health and investigating current and emerging technologies to help individuals to achieve this
- critically analyse limitations, assumptions, patterns and trends in data and procedures for individual health throughout the individual's lifecycle and reliability of information

Communication

- communicates numerical comparisons of size and measurements, grouping, estimating, statistical information, interpreting and using graphs, tables and diagrams
- communicates using effective language, correct terminologies, language convention, forms and

- acknowledging sources appropriately
- critically analyse cultural perspectives

Assessment Tasks

Name	Due Date	Weighting
Research Report	11 March	30%
Oral Presentation	28 March	40%
Exam	15 June	30%

School Assessment Information

For penalties for late and non-submission of work

See [BSSS Policy and Procedure Manual 4.3.10](#) for further information.

For academic integrity

See [BSSS Policy and Procedure Manual 4.3.12](#) for further information.

For appeals processes

See [BSSS Policy and Procedure Manual 7.2](#) for further information.

For moderation procedures (internal and external)

See [BSSS Policy and Procedure Manual 5](#) for further information.

For meshing procedures

See [BSSS Policy and Procedure Manual 5.4.1](#) for further information.

For method of unit score calculation

See [BSSS Policy and Procedure Manual 4.3.6.2](#) for further information.

For procedures for calculating course scores

See [BSSS Policy and Procedure Manual 4.3.13.2](#) for further information.

Achievement Standards for HEALTH AND WELLBEING T - Year 12

	<i>A student who achieves an A grade typically</i>	<i>A student who achieves a B grade typically</i>	<i>A student who achieves a C grade typically</i>	<i>A student who achieves a D grade typically</i>	<i>A student who achieves an E grade typically</i>
Knowledge and understanding	<ul style="list-style-type: none"> critically analyses health, outdoor, physical education theories, concepts and models and evaluates their limitations and assumptions critically analyses health, outdoor, physical education principles, strategies, methodology, approaches to data, procedures and evaluates their validity and reliability critically analyses the nature and purpose of health, outdoor, physical education and evaluates the impact of strategies and techniques on individuals' performance, health and well-being in varied and changing contexts critically analyses representations and interpretations of health, outdoor, physical education topics and evaluates their significance communicates ideas with coherent arguments using appropriate evidence, language and accurate referencing 	<ul style="list-style-type: none"> analyses health, outdoor, physical education theories, concepts and models and explains their limitations and assumptions analyses health, outdoor, physical education principles, strategies, methodology, approaches to data, procedures and explains their validity and reliability analyses the nature and purpose of health, outdoor, physical education and explains the impact of factors on individuals' performance, health and well-being in changing contexts analyses representations and interpretations of health, outdoor, physical education topics and explains their significance communicates ideas and arguments using appropriate evidence, language and accurate referencing 	<ul style="list-style-type: none"> explains health, outdoor, physical education theories, concepts and models and describes their limitations and assumptions explains health, outdoor, physical education principles, strategies, methodology, approaches to data, procedures and describes their validity and reliability explains the nature and purpose of health, outdoor, physical education theories and describes the impact of factors on individuals' performance, health and well-being in familiar contexts explains representations and interpretations of health, outdoor, physical education topics and describes their significance communicates ideas and arguments with referencing 	<ul style="list-style-type: none"> describes health, outdoor, physical education theories, concepts and models with some reference to their limitations and assumptions describes health, outdoor, physical education principles, strategies, methodology, approaches to data, procedures with some reference to their validity and reliability describes the nature and purpose of health, outdoor, physical education theories and identifies the impact of factors on individuals' performance, health and well-being in familiar contexts describes representations and interpretations of health, outdoor, physical education topics and makes some reference to their significance communicates ideas and information with minimal referencing 	<ul style="list-style-type: none"> identifies health, outdoor, physical education theories, concepts and models with little or no reference to their limitations and assumptions identifies health, outdoor, physical education principles, strategies, methodology, approaches to data, procedures with little or no reference to their validity and reliability identifies the nature and purpose of health, outdoor, physical education theories with little or no reference to the impact of factors on individuals' performance, health and well-being identifies representations and interpretations of health, outdoor, physical education topics and makes little or no reference to their significance communicates limited ideas and information with limited or no referencing
Skills	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with control and precision to a practical context and specific physical, health or outdoor education activities plans and undertakes independent inquiries and analyses relevant data and information based on critical evaluation of valid and reliable sources makes discerning and effective choice of principles, strategies, methodology, procedures to solve a wide range of complex problems and to enhance meaning and the physical performances of self and others evaluates with insight on practical techniques and performance with reference to specific skills criteria 	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with control to a practical context and specific physical, health or outdoor education activities plans and undertakes independent inquiries and explains relevant data and information based on an assessment of valid and reliable sources makes effective and justified choice of principles, strategies, methodology, procedures to solve a range of problems and to enhance meaning and the physical performances of self and others analyses with insight on practical techniques and performance with reference to specific skills criteria 	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with some control to a practical context and specific physical, health or outdoor education activities undertakes guided inquiries and describes data and information based on a appropriate sources makes effective choice of strategies, methodology, procedures to solve problems and to enhance physical performances of self and others explains practical techniques and performance with reference to specific skills criteria 	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with minimal control to a practical context and specific physical, health or outdoor education activities undertakes guided inquiries with some reference to data using limited sources makes some effective choice of strategies, methodology, procedures to solve problems with some impact on physical performances of self and others describes practical techniques and performance with some reference to specific skills criteria 	<ul style="list-style-type: none"> applies concepts, models, principles, methodology, ideas with little or no control in a practical context undertakes guided research with little or no reference to data and sources selects strategies, methodology, procedures to solve problems with little or no impact on physical performances of self and others identifies practical techniques and performance with little or no reference to specific skills criteria