

4.

Opportunities

The syllabus provides a direct link with study and vocational pathways in the areas of recreational, paramedical, movement and health sciences. Related career opportunities are expanding and gaining recognition throughout the community as legitimate fields of endeavour.

The study of PDHPE also supports students as they develop into young adults. The syllabus encourages personal growth, the enhancement of wellbeing and the development of the individual's capacity to take a productive role in society.



5.

Career Opportunities

- Medicine
- Nursing
- Occupational Therapy
- Physiotherapy
- Exercises Physiologist
- Sports Trainer
- Personal Trainer
- Event Coordinator
- Paramedic
- Strength and Conditioning Coach
- PDHPE Teacher
- Sports Development Officer.



Personal Development, Health & Physical Education

YEAR 11 & YEAR 12 COURSES



COFFS HARBOUR
SENIOR COLLEGE

1.

Why do PDHPE?

Personal Development, Health and Physical Education (PDHPE) is an integrated area of study that provides for the intellectual, social, emotional, physical and spiritual development of students.

Students learn about ways of maintaining active, healthy lifestyles and improving their health status.

It is also concerned with social and scientific understandings about movement, which lead to enhanced movement potential and appreciation of movement in their lives.

A goal of every individual should be to lead a fulfilled life that is active and healthy.

This course focuses on the health of individuals and communities and the factors that influence movement, skill and physical activity levels.

"The best motivation comes from within."

- Michael Johnson

2.

Year 11 Course

The Year 11 course has two core topics:

BETTER HEALTH FOR INDIVIDUALS

This includes;

- the meaning of health
- the influences on health
- strategies to promote health.

THE BODY IN MOTION

This includes;

- the body systems
- the relationship between fitness, training and movement
- biomechanical principles.

The two Options Topics studied are:

FITNESS CHOICES

This includes;

- the meaning of exercise
- ways people choose to exercise
- influences on people's choices.

FIRST AID

- assessment and management of first aid patients
- management of major injuries and conditions
- first aid considerations.

3.

Year 12 Course

The Year 12 course has two core areas:

HEALTH PRIORITIES IN AUSTRALIA

This includes;

- priority issues for health in Australia
- the role of health care facilities and services
- actions to address Australia's health priorities.

FACTORS AFFECTING PERFORMANCE

This includes;

- how does training affect performance?
- how does psychology affect performance?
- how can nutrition and recovery strategies affect performance?
- how does the acquisition of skill affect performance?

The two Option Topics studied are:

SPORTS MEDICINE

This includes;

- how are sports injuries classified and managed?
- how does sports medicine address the demands of specific athletes?
- what role do preventative actions play in enhancing the wellbeing of an athlete?

IMPROVING PERFORMANCE

This includes;

- how do athletes train for improved performance?
- what are the planning considerations for improving performance?
- what ethical issues are related to improving performance?