

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 HMS 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
- HMS/PDHPE Teacher
- Sports Development Officer.



HEALTH and MOVEMENT SCIENCE

YEAR 11 & YEAR 12 COURSES



COFFS HARBOUR
SENIOR COLLEGE

1.

Why do HMS?

Health and Movement Science (HMS) 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:

HEALTH FOR INDIVIDUALS AND COMMUNITIES

- How do we understand and measure Australia's health?
- What are young people's meaning of health?
- What key issues affect the health of young people?
- How can they protect and promote good health?
- What are the opportunities for improving and promoting young people's health?

THE BODY AND MIND IN MOTION

- How do the systems of the body influence and respond to movement?
- What factors influence motivation and performance?
- How are movement skills acquired, developed and improved?
- What is the relationship between psychology, movement and performance?

In Year 11, there is also a requirement for students to undertake Collaborative Investigations and a minimum of 2 Depth Studies

COLLABORATIVE INVESTIGATION

- The Collaborative Investigation provides opportunities for students to develop knowledge and skills to support their own and others' health and movement.

DEPTH STUDY

- 20 hours of the course must be devoted to the students' completing depth studies related to the core topics

3.

Year 12 Course

The Year 12 course has two core areas:

HEALTH IN AUSTRALIA AND GLOBAL CONTEXT

- How healthy are Australians?
- How does Australia's healthcare system work towards achieving better health for all Australians?
- How is the growing and changing use of technology and data impacting Australia's healthcare system?
- What actions are needed to promote and improve the health of Australians?

TRAINING FOR IMPROVED PERFORMANCE

- How can exercise assessment and prescription be personalised?
- How does training influence movement and performance?
- How does training differ for individuals and group sports?
- How does sleep, nutrition and supplementation affect movement and performance?
- How do individuals train for sustained movement and performance?

In Year 12, Students will undertake a minimum of 2 more Depth Studies.

DEPTH STUDY

- 30 hours of the Year 12 course will be allocated to depth studies on Health in an Australia and Global Context and Training for Improved Performance.