

# TOPICS OF STUDY

## PDHPE YEAR 11

Core 1 - Better Health for Individuals  
Core 2 - The Body in Motion  
Option 1 - First Aid  
Option 2 - Fitness Choices

### HSC

Core 1 - Health Priorities in Australia  
Core 2 - Factors Affecting Performance  
Option 1 - Sports Medicine  
Option 2 - Improving Performance

### COMMUNITY AND FAMILY STUDIES (CAFS)

#### YEAR 11

Resource Management  
Individuals and Groups  
Families and Communities

### HSC

Research Methodology  
Groups in Context  
Parenting and Caring  
Family and Societal Interactions

## SLR YEAR 11

Fitness  
Outdoor Recreation  
Games & Sports Applications I

### HSC

First Aid & Sports Injuries  
Gymnastics  
Resistance Training  
Games & Sports Applications II



Any further questions please see  
the PDHPE Faculty Staff.



# HSC PDHPE

The PDHPE Faculty offers three  
subjects for study in the HSC:

- Personal Development, Health and Physical Education (PDHPE)
- Community and Family Studies (CAFS)
- Sports, Leisure and Recreation (SLR)

This pamphlet will endeavor to  
explain both courses and answer  
any questions you might have.



# COURSE OVERVIEW

## PDHPE

This is a two unit theory based subject where students study and explore a range of practical and health related concepts.

This subject is content based and can be challenging for some students at times, but in most cases students can relate what they are learning to the world they are living in.

PDHPE is highly relevant and not just for sports people. For example the unit on First Aid provides them with skills they can utilise in their day to day lives.

## CAFS

This is a two unit ATAR Course focused on the components of family studies including sociology, developmental psychology and the students' general life experiences.

## SLR

This can be either a one or two-unit non-ATAR subject which is likely to be linked to the Work Studies course. This is both a theoretical (50%) and practical (50%) based subject which focuses on preparing students to contribute to a health-promoting community that supports adopting a healthy lifestyle.

# POSSIBLE CAREER PATHWAYS

Many of our past students who graduate from the HSC PDHPE/CAFS/SLR Course are now pursuing careers in the following areas:

Physiotherapy	Medicine / Nursing	Sports Science	Psychology / Counselling	Social Services / Youth Work / Welfare
Teaching	Personal Training	Dentistry	Health Promotion	Early Childhood Studies
Nutrition	Paramedic	Pharmacy	Sports Coaching	Human Resources

# COURSE COMPARISON

	PDHPE	SLR	CAFS
<b>ATAR</b>	Yes	No	Yes
<b>Practical Component</b>	5-10%	50%	NA
<b>Units of Study</b>	2	1 or 2	2
<b>Periods per fortnight</b>	6	6	6
<b>Paired with other subject</b>	No	Yes Work Studies	No
<b>Additional Costs</b>	First Aid Certificate (usually completed in Year 11)	Offsite sporting and physical activity activities First Aid Certificate	Offsite excursions
<b>Examinations</b>	Yes	No external exam	Yes

PDHPE is designed to accommodate students wishing to explore health, sports performance and the human body in detail. Suited to those with a special or vocational interest in human movement, medical and health science, and wish to continue their studies at a tertiary (university) level.

SLR is designed to build upon what students have learnt in K-10 PDHPE. Specifically those aspects relating to participation in sport and physical activity.

CAFS is focused on components of family studies. Sociology, developmental psychology, general life experiences, and