



YEAR 11 AND HSC
SUBJECT SELECTION

- PDHPE
- COMMUNITY & FAMILY STUDIES
- SPORT, LIFESTYLE AND RECREATION

***PDHPE
SUBJECTS***

WHAT WE CAN OFFER YOU

- **PDHPE**

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

- **Community and Family Studies (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.

- **Sport, Lifestyle and Recreation(SLR)**

This can be either a one or two-unit non-ATAR subject which is likely to be linked to the Work Studies course.

SUMMARY	PDHPE	SLR	CAFS
ATAR?	Yes	No	Yes
Practical Component	5-10%	70%	5-10%
Units of Study	2	1 or 2	2
Periods Per Fortnight	6	6 (2 theory, 4 practical)	6
Additional Costs	First Aid Course Certificate at a cost	Cost per session for practical units e.g. First Aid Course; gym; recreational activities.	CAFS Excursions
Examinations	Yes	No	Yes

***PERSONAL DEVELOPMENT, HEALTH AND
PHYSICAL EDUCATION***

PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION

- This is an ATAR subject.
- Theoretical based subject where students study and explore a range of practical and health related concepts.
- The only practical that is involved is based around laboratories and testing of biomechanical, fitness and skill acquisition principles.
- HSC exam is a 3 hour *written* examination

PDHPE

- Designed to accommodate students wishing to explore health and the human body in detail.
- Suited to those with a special or vocational interest in human movement, medical and health science, and individual and community health issues and who wish to continue their studies at a tertiary (university) level.
- This course is ideal for students who wish to seek employment or complete further study related to health through university.
- Such vocations medical sciences, physiotherapy, dentistry, pharmacology, radiotherapy, nursing, PDHPE teaching, health promotion and other health and medical related fields.

PDHPE – Year 11

- The Year 11 course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes four options of which students are to study two.

CORE STRANDS (60%)

- Better Health for Individuals (30%)
- The Body in Motion (30%)

OPTIONS (40%)

Two Options

- *First Aid (20%)*
- *Fitness Choices (20%)*

PDHPE - HSC

- ◉ The HSC course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes five options of which students are to study two.

CORE STRANDS (60%)

- Health Priorities in Australia (30%)
- Factors Affecting Performance (30%)

OPTIONS (40%)

Select two of the following options:

- The Health of Young People (20%)
- Sport and Physical Activity in Australian Society (20%)
- Sports Medicine (20%)
- Improving Performance (20%)
- Equity and Health (20%)

PDHPE – CAREER OPTIONS

- **Physiotherapist**
- **General Practitioner**
- **Sports Scientist**
- **Psychologist**
- **Personal Trainer**
- **Coach**
- **Dentist**
- **Health Promotion**
- **Sports Trainer**
- **Fitness industry**
- **Nutritionist**
- **Dietician**
- **Pharmacist**
- **Paramedic**
- **Teacher**

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COMMUNITY & FAMILY STUDIES

COMMUNITY & FAMILY STUDIES

- This IS an ATAR Course
- There are 6 periods per fortnight.
- HSC exam is a 3 hour written examination.
- The course draws upon components of family studies, sociology, developmental psychology and students' general life experiences. Use of relevant social and community issues to support class work.
- This subject places a strong emphasis on wellbeing, and how we can support wellbeing within the different groups that we belong to.

CAFS

- Community and Family Studies is designed to develop in each student an understanding of the diverse nature and interdependence of families and communities, within Australian society.
- Community and Family Studies explores life issues that are important to all young people and of equal relevance to female and male students.
- The course enables students to plan and manage resources effectively in order to address contemporary issues facing families and communities.
- We partake in excursions such as volunteering at Parramatta Mission Homeless shelter and visiting Learning Blocks Dural to help at a childcare centre for the day.
- Community and Family Studies students also undergo looking after a simulated baby during the Preliminary course.

CAFS – Year 11

- Resource Management Basic concepts of the resource management process (approximately 20% of course time).
- Individuals and Groups The individual's roles, relationships and tasks within groups (approximately 40% of course time).
- Families and Communities Family structures and functions and the interaction between family and community (approximately 40% of course time).

CAFS – Year 12 HSC

Cores

- Research Methodology Research methodology and skills culminating in the production of an Independent Research Project (approximately 25% of course time).
- Groups in Context The characteristics and needs of specific community groups (approximately 25% of course time).
- Parenting and Caring Issues facing individuals and groups who adopt roles of parenting and caring in contemporary society (approximately 25% of course time).

Option

- Family and Societal Interactions Government and community structures that support and protect family members throughout their lifespan.

CAFS – CAREER OPTIONS

- Community Social Services.
- Nursing
- Early Childhood studies
- Teaching
- Welfare
- Human resource management
- Youth work
- Counselling



SPORT, LIFESTYLE & RECREATION

SPORT, LIFESTYLE & RECREATION

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.

- Designed for students who enjoy physical activity and would like to seek employment within the health and sport industry.
- It provides students with regular opportunities to participate in physical activity.

This is a non-ATAR Course

SLR

Within this course students study:

- Team and Individual Games and Sports. May include a cost for recreational activities and facility use.
- First Aid and Sport Injuries
- Outdoor Recreation
- Fitness