

HEALTH AND HUMAN DEVELOPMENT

UNIT 1

In this unit, students look at the concept of health and wellbeing, and the evolving perspectives around it. Students gain an insight to the five dimensions of health and wellbeing, how they influence each other, and the indicators used to measure and evaluate health status such as life expectancy, burden of disease and morbidity and mortality rates.

In this unit, students identify perspectives relating to health and wellbeing, and inquire into factors that influence health attitudes, beliefs and practices, including among Aboriginal and Torres Strait Islander Peoples.

Students cover a range of youth health issues, as they are related to their current stage of life and investigate one youth health focus area to demonstrate their understanding of the implications to health and wellbeing both in the short and long term. Students investigate the role of nutrition in promoting or limiting health related outcomes.

AoS 1 Concepts of Health

In this area of study, students take a broad, multidimensional approach to health and wellbeing. Such an approach acknowledges that defining and measuring concepts of health are complicated by a diversity of social and cultural contexts. Students consider the measurable indicators of population health and look at data reflecting the health status of young Australians. Focusing on youth, students inquire into the reasons for variations and inequalities in health status, including the sociocultural factors that contribute to variations in health outcomes.

Outcome 1: On completion of this unit the student should be able to explain multiple dimensions of health and wellbeing, explain indicators used to measure health status and analyse factors that contribute to variations in health status of youth.

AoS 2 Youth Health and Wellbeing

In this area of study, students apply the broad concepts of health and wellbeing from Area of Study 1 to their study of Australia's youth. They identify major health inequalities impacting Australia's youth and reflect on the causes. Students inquire into how governments and organisations develop and implement youth health programs and consider factors that influence the implementation of and access to these programs. Students conduct a research investigation and apply research skills to find out what young people are most focused on and concerned about regarding health outcomes. The focus for this research could include key areas such as mental health and wellbeing, smoking and vaping, alcohol and other drugs, gambling, relationships and sexuality, and safety (for example, on the road, in the water and the sun, and online). Students select a particular focus area and conduct research, interpret data and draw conclusions on how the health of Australia's youth can be promoted and improved.

Outcome 2: On completion of this unit, the student should be able to interpret data to identify key areas for improving youth health and wellbeing, and analyse one youth health area in detail.

AoS 3 Health and Nutrition

In this area of study, students explore food and nutrition as foundations for good health. They investigate the roles and sources of major nutrients and the use of food selection models and other initiatives to promote healthy eating. Students explore the health consequences of nutritional imbalance, especially for youth, and consider the sociocultural and commercial factors that influence the food practices of, and food choices made, by youth. They develop strategies for building health literacy and evaluating nutrition information from various sources, including advertisements and social media.

Outcome 3: On completion of this unit, the student should be able to apply nutrition information, food selection models and initiatives to evaluate nutrition information.

UNIT 2

In this unit, students investigate transitions in health and wellbeing, and human development, from lifespan and societal perspectives. They explore the changes and expectations that are integral to the progression from youth to adulthood. Students apply health literacy skills through an examination of adulthood as a time of increasing independence and responsibility, involving the establishment of long-term relationships, possible considerations of parenthood and management of health-related milestones and changes. Students explore health literacy through an investigation of the Australian healthcare system from the perspective of youth and analyse health information. They investigate the challenges and opportunities presented by digital media and consider issues surrounding the use of health data and access to quality health care

AoS 1 Developmental transitions

In this area of study, students examine the developmental transitions from youth to adulthood, with a focus on expected changes, significant decisions, and protective factors including behaviours. They consider perceptions of what it means to be a youth and an adult and investigate the expected physical and social changes. They inquire into factors that influence both the transition from youth to adulthood and later health status. They consider the characteristics of respectful, healthy relationships. Students examine parenthood as a transition in life. With a focus on the influence of parents or carers, and families, they investigate factors that contribute to development, health and wellbeing during the prenatal, infancy and early childhood stages of the human lifespan. Health and wellbeing is considered as an intergenerational concept; that is, the health and wellbeing of one generation affects the next.

Outcome 1: On completion of this unit, the student should be able to explain developmental changes in the transition from youth to adulthood, analyse factors that contribute to healthy development during the prenatal and early childhood stages of the human lifespan and explain health and wellbeing as an intergenerational concept.

AoS 2 Youth Health Literacy

In this area of study, students investigate the health system in Australia from the perspective of youth and their rights and responsibilities. They examine the functions of various entities that play a role in our health system. Students inquire into equity of access to health services, as well as the rights and responsibilities of youth receiving health care. They research the range of health services in their communities and suggest ways of improving the health literacy and health outcomes of youth.

Outcome 2: On completion of this unit, the student should be able to explain factors affecting access to Australia's health system that contribute to health literacy and promote the health and wellbeing of youth.