

# WHAT THE HEALTH?

## AN INTRODUCTION TO VCE HHD

Students will explore the dimensions of health and wellbeing and how they impact and interrelate with one another. Behaviours and contextual factors (environmental, biological and sociocultural) that influence the health and wellbeing and health status of communities will be explored. Health issues prevalent in Australian youth is a focus of this course whereby students make links to the dimensions of health that are directly and indirectly impacted by specific issues including but not limited to: stress, school and study problems, body image etc as well as acknowledging health promotion programs available to combat and minimise the long-term impacts. In response to their findings they will plan, promote and implement a health promotion activity for a nominated target group within the Viewbank College community. The concept of human development and the Sustainable Development Goals is also addressed, giving students an insight to how living conditions and opportunities impact health and wellbeing on a global scale. This subject is primarily theory based (no practical) and recommended for students who may be interested in Health and Human Development at the VCE level.

### AREA OF STUDY

#### Health and Wellbeing and Youth Issues

##### Outcome 1:

- Dimensions of health and wellbeing: Physical, Social, Mental, Emotional, Spiritual; various components of each dimension; the dynamic and subjective nature of each and how they interrelate.
- Factors that influence the health and wellbeing of their communities.
- Identification of health issues for youth, short and long-term impacts on health and wellbeing and health promotion strategies available.
- The principles of the social model of health in relation to health promotion.

#### Human Development and the Sustainable Development Goals

##### Outcome 1:

- The concept of human development in a global context.
- The Sustainable Development Goals and how they influence health and wellbeing and human development.