
CORE PROGRAM

Mind, Body and Soul

DURATION OF SUBJECT

Full year

COURSE DESCRIPTION

Mind, Body and Soul incorporates two main areas: Physical Health and Personal Health. The program commences with fitness assessments and students evaluate their own personal fitness. Students explore the role of food in their lives as part of the study of nutrition. Exercise for healthy living is promoted as students examine issues about health and fitness and identify their own needs. The benefits and principles of fitness training are investigated by comparing a range of different training methods. Students undertake a posture assessment and identify posture faults, causes and ways of correcting posture. Other areas studied include Self Esteem and Body Image, which introduces the issue of eating disorders, obesity, media influences, peer pressure and the importance of an active lifestyle for wellbeing.

ASSESSMENT

Tasks that students are required to complete include: fitness assessment over a variety of fitness components; a written test on fitness theory; research assignment; posture assessment and evaluation, and a nutrition investigation.