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# YEAR 10 SUBJECTS

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## Health for All

This subject gives students insight into Health and Human Development Unit 1. It aims to improve student's knowledge of health related issues for people throughout Australia.

The theory component covers:

- Measuring health status using health indicators
- Examining factors (determinants) which influence health status
- Identifying health differences between Australians particularly the health of Indigenous Australians
- Looking at various health concerns for population groups within Australia including adolescents and the National Health Priority Areas
- Health promotions role in trying to prevent health concerns for various population groups

Generic skills that are considered across all the subjects in the Physical Education faculty include:

- Move with competence and confidence in a range of physical environments
- Communicate effectively using a variety of styles
- Research, select and organise information utilising a range of sources
- Interact positively within groups and teams
- Make informed decisions towards health and wellbeing
- Demonstrate the application of a range of information and communication technologies

Subject specific skills are:

- You will analyse data
- You will research, analyse and present information
- You will work cooperatively in groups

Given health covers physical, mental and social components, practical activities will encourage students to be as active and involved as possible and will reflect these aspects.

Some of the activities may include:

- Boxercise
- European handball
- Fitness circuits
- Indoor rock climbing
- Group Fitness Classes
- Yoga

**Please Note: Refer to the Subject Cost Schedule for details of costs relevant to this program.**



*"Health for All was an enjoyable class, with practical classes with a wide variety of sports and plenty of chances to contribute, and lessons with a range of issues and subjects that were discussed, ranging from personal health to safe driving."*

*Natalie Fewster*