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# CORE PROGRAM

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## Mind, Body and Soul

### DURATION OF SUBJECT

Full year

### COURSE DESCRIPTION

Mind, Body and Soul incorporates two main areas: Personal, Social and Community Health; and Movement and Physical Activity. The program commences with students exploring the role of food in their lives, as part of the study of nutrition. Emotional literacy is focused on through a study of how to utilise failures as stepping stones to greatness, highlighting the concept of linking emotional control to success. Students undertake tasks designed to develop awareness of safety in sport, focussing on preventing, identifying and managing common sporting injuries. Other areas studied include understanding the growth and development of adolescents' decision making and the importance of an active lifestyle for maintaining wellbeing.

### ASSESSMENT

Tasks that students are required to complete include: individual and group tasks, self assessments, peer assessments, research projects and multimedia presentations.