



Highfields State
Secondary College

Semester 1 Course Overview

Faculty: Health and Physical Education
Subject: Health & Psychology
Year level: 10

Course Outline

This subject serves as preparation for the senior Health and Psychology syllabi. This subject provides students with a contextualised strengths-based inquiry of the various determinants that create and promote lifelong health, learning and active citizenship. In Semester One, students focus on Health content, drawing from the health, behavioural, social and physical sciences, the Health syllabus offers students an action, advocacy and evaluation-oriented curriculum. Embedded in Health is the Health inquiry model that provides the conceptual framework for this syllabus.

Term 1	Term 2
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Unit 1: *Body Image*

Students develop their skills to plan, implement and evaluate an action strategy to advocate, mediate and enable change in relation to body image in a peer and family health context. Students investigate and understand that health theory and issues can be understood using a range of frameworks, including the Salutogenic, Ottawa Charter and RE-AIM models. An inquiry approach is used to define and understand body image and the role resilience play in maintaining a positive body image, as the broad health-related topic and reframe the chosen topic into a narrow-contextualised health issue.

Students investigate the risk factors and protective factors, individual and socioecological resources that are needed for healthy living through a peer and family health context. Primary data and secondary data trends are analysed to inform the development of an action strategy to strengthen, maintain or adapt peer/family resources. The action strategy is implemented and evaluated with recommendations and reflection used to inform future investigations.

Assessment:

- **Assessment 1: Exam**
This is to confirm the student's understanding and knowledge re the various health frameworks, salutogenic health approach and the determinants of health
- **Assessment 2: Extended essay response**
Students respond to stimuli regarding Body Image, drawing together aspects of health frameworks to analyse and propose suitable community responses to the issues
800-1000 words