



DURATION OF SUBJECT	ONE SEMESTER
FINANCIAL COMMITMENT	NIL

COURSE CONTENT

UNIT 1	UNIT 2
<p>Alcohol & Other Drugs , Food & Nutrition and Health Benefits of Physical Activity</p> <p>Throughout the unit students, investigate strategies and practices that enhance their own, others’ and community health, safety and wellbeing. The unit focuses on; the negative impact of drugs and alcohol, the importance of understanding food and nutrition and the benefits of regular physical activity.</p> <p>Students will also demonstrate control and accuracy when performing specialised movement sequences and skills within the game of volleyball.</p>	<p>Mental Health & Wellbeing Rhythmic and Expressive Activities</p> <p>Within this unit, students are given the opportunity to, examine the cultural and historical significance of a physical activity and examine how connecting to the environment can enhance health and wellbeing. The unit focuses on yoga and discusses how it connects many different dimensions of health, such as spiritual, social and environmental.</p> <p>Students will then be required to apply movement concepts and refine strategies to suit different movement situations and apply the elements of movement to compose and perform a yoga routine.</p>
ASSESSMENT	ASSESSMENT

COURSE REQUIREMENTS

NIL

CAREER PATHWAYS

- Physiotherapist
- Sport scientist
- Nutritionist /Dietitian
- Professional sports player
- Athlete

INTERNET LINKS

| <https://youtu.be/pvL7ow2HrhA>

