



<b>DURATION OF SUBJECT</b>	FULL YEAR	<b>FINANCIAL COMMITMENT</b>	REFER TO PROPOSED FEE SCHEDULE
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**COURSE REQUIREMENTS**

Year 10 Health & Physical Education requires enthusiastic students who are willing to explore a range of physical activities including volleyball, orienteering, yoga, touch football, and badminton. Students will be assessed on a range of written and practical tasks.

**COURSE CONTENT**

UNIT 1	UNIT 2	UNIT 3	UNIT 4
<p><b>Alcohol &amp; Other Drugs</b></p> <p>Throughout this unit, students will develop an understanding of the different types of drugs and the effects on the body. Students will analyse the impact of attitudes and beliefs on risk-taking behaviours and the impact drugs can have on individuals, families and communities.</p>	<p><b>Health Benefits of Physical Activity/Challenge &amp; Adventure Activities</b></p> <p>Throughout this unit, students will analyse the influence and impact regular physical activity participation has on individual and community health and wellbeing. The content supports students to develop knowledge, understanding and skills to make active choices and to explore the range of influences on physical activity participation and choices.</p>	<p><b>Mental Health &amp; Wellbeing / Rhythmic &amp; Expressive Activities</b></p> <p>Throughout this unit, students will explore how mental health and wellbeing can be enhanced and strengthened at an individual and community level. The content supports students to develop knowledge, understanding and skills to manage their own mental health and wellbeing and to support that of others.</p>	<p><b>Food &amp; Nutrition/Lifelong Physical Activity</b></p> <p>Throughout this unit, students will investigate the role of food and nutrition in enhancing health and wellbeing. The content supports students to develop knowledge, understanding and skills to make healthy, informed food choices and to explore the contextual factors that influence eating habits and food choices.</p>
ASSESSMENT	ASSESSMENT	ASSESSMENT	ASSESSMENT
Combination Response Exam	Presentation – Health Campaign	Project Folio	Exam – Response to Stimulus

**CAREER PATHWAYS**

Health & Physical Education can provide students with opportunities in the following pathways:

- Physical Education Teacher (Primary/Secondary)
- Personal Trainer/Fitness Instructor
- Nurse
- Dietitian
- Therapist
- Sports Management
- Exercise Therapist
- Occupational

**FIND OUT MORE**

- | <https://www.youtube.com/watch?v=azuBmRnRYpo>
- | <https://www.youtube.com/watch?v=AlUpDAtcUUQ>
- | <https://www.youtube.com/watch?v=w3tXVEt6P4k>

