

# PDHPE

## Years 11 & 12



### PDHPE

#### Preliminary Course

Meaning of Health & Physical Activity.  
Better Health for Individuals.  
The Body in Motion.  
First Aid.

Composition & Performance.  
Fitness Choices.  
Outdoor Recreation

#### HSC Course

Health Priorities in Australia.  
Factors Affecting Performance.  
The Health of Young People.  
Sport & Physical Activity in Australian Society.  
Sports Medicine.  
Improving Performance.  
Equity & Health.



### CAFS

#### Preliminary Course

Resource Management.  
Communication.  
Decision-making.  
Management Process  
Individuals & Groups  
Roles & Relationship  
Leadership.  
Group Dynamics.  
Managing Conflict.  
Family & Communities.

#### HSC Course

Research Methodology.  
Groups in Context.  
Parenting & Caring.  
Family & Societal Interactions.  
Social Impact of Technology.  
Individuals & Work.



### Exploring Early Childhood

#### Compulsory Cores

Pregnancy & Childbirth.  
Child Growth & Development.  
Promoting Positive Behaviour.

#### Optional Modules

Learning Experiences.  
Play & Development.  
Starting School.  
Gender & Young Children  
Children & Change.  
Children Services Industry  
Children & Media.  
Children & Law.  
Food & Nutrition.  
Health & Safety.



### Sport, Lifestyle & Recreation

#### Students choose the following;

Aquatics.  
Athletics.  
Dance.  
First Aid & Sports Injury.  
Fitness.  
Games & Sports Application.  
Gymnastics.  
Healthy Lifestyles.  
Individual Games & Sports.  
Outdoor Recreation.  
Resistance Training.  
Social Perspectives of Sport.  
Sports Administration.  
Sports Coaching & Training.

#### Resources

PDHPE & Sports equipment, Archery, Baby simulator, Badminton, Fitness testing equipment, Fitness lab, Innovative childhood games, Outdoor recreation equipment, Parachute, Sports Science equipment, Recreational venues of Penrith.