

# Health Sciences Faculty



Health Services  
Certificate II and III  
*Additional Elective*

Year 7  
Health and Physical Education  
*Full Year Core Subject*

Year 8  
Health and Physical Education  
*Full Year Core Subject*

Year 9  
Health and Physical Education  
*Full Year Core Subject*

**Canterbury Sports Academies**  
Netball | Rugby | Touch Football  
*Semester Elective*

Year 9  
Anatomy and Physiology  
*Semester Elective*

Year 9  
Psychology  
*Semester Elective*

Year 10  
Physical Education  
*Semester Elective*

Year 10  
Sport and Fitness  
*Semester Elective*

**Canterbury Sports Academies**  
Netball | Rugby | Touch Football  
*Semester Elective*

Year 10  
Health  
*Semester Elective*

Year 10  
Psychology  
*Semester Elective*

Senior Physical Education

Senior Sport and Recreation

Certificate III Fitness

Senior Health

Senior Psychology



# Health Sciences Curriculum Areas



## SPORTS ACADEMIES

### Sports Academy: Netball

- High level skills development.
- Netball specific game strategies.
- Enhancing students' understanding of performance environments.

### Sports Academy: Rugby & Touch Football

- Progressive development program.
- High level skills development.
- Rugby and Touch Football specific game strategies.
- Physical and mental preparation.
- Performance reviews.

## YEARS 7-9 HEALTH AND PHYSICAL EDUCATION

- Experiential learning.
- Relevant, engaging, contemporary and physically active content.
- Acquiring movement skills, concepts and strategies.
- Participating in a range of physical activities.
- Developing knowledge, understanding and skills to support participants to be resilient, develop a strong sense of self, and to build and maintain satisfying relationships.

## PHYSICAL EDUCATION

- Knowledge, understanding and skills to explore and enhance the participant's own and others' health and physical activity.
- A philosophical and educative framework to promote deep learning in three dimensions: *About, Through* and *In* physical activity contexts.
- Engagement and performance in physical activity.
- Inquiry-based learning.
- Practical-based subject.
- Strong focus on analysis and performance improvement.

## HEALTH

- Strengths-based inquiry of the various determinants that create and promote lifelong health, learning and active citizenship.
- An action, advocacy and evaluation-oriented curriculum.
- Inquiry-based approach.
- Investigate sustainable health changes at the personal, peer, family and community levels.

## PSYCHOLOGY

- Concepts that explain behaviours and underlying cognitions.
- Individual growth in the form of the role of the brain, cognitive development, human consciousness and sleep.
- Investigate the concept of intelligence, the process of diagnosis, and how to classify psychological disorders and then determine an effective treatment.
- Study the impact of emotion and motivation on individual behaviour.
- Individual thinking, perception, memory and learning.
- Sports psychology.

## FITNESS

- Certificate III in Fitness VET subject.
- Delivering a range of fitness programs and services to clients, within and beyond, the school community.
- Undertaking client health assessments.
- Planning and delivering fitness programs.
- Conducting group fitness sessions for a range of clients.

## SPORT AND RECREATION

- Learn in three dimensions: *About, Through* and *In* sport and active recreational activities.
- Examine the role of physical activity in the lives of individuals and communities.
- Study the relevance of sport and active recreation in Australia.
- Physical activities and performances, and how to plan and organise activities.
- Investigate the role of sport and recreation in maintaining good health.

## HEALTH SERVICES

- Certificate II and Certificate III qualifications to provide the foundational skills necessary to work in an assistant role in a health, aged care or residential care setting, or to undertake further studies in this field.
- Equipping you to work with people from diverse backgrounds, and to communicate and work effectively with others.
- Conducting manual tasks and delivering a service to customers.
- NB: This is an additional elective on top of the usual curriculum study workload.