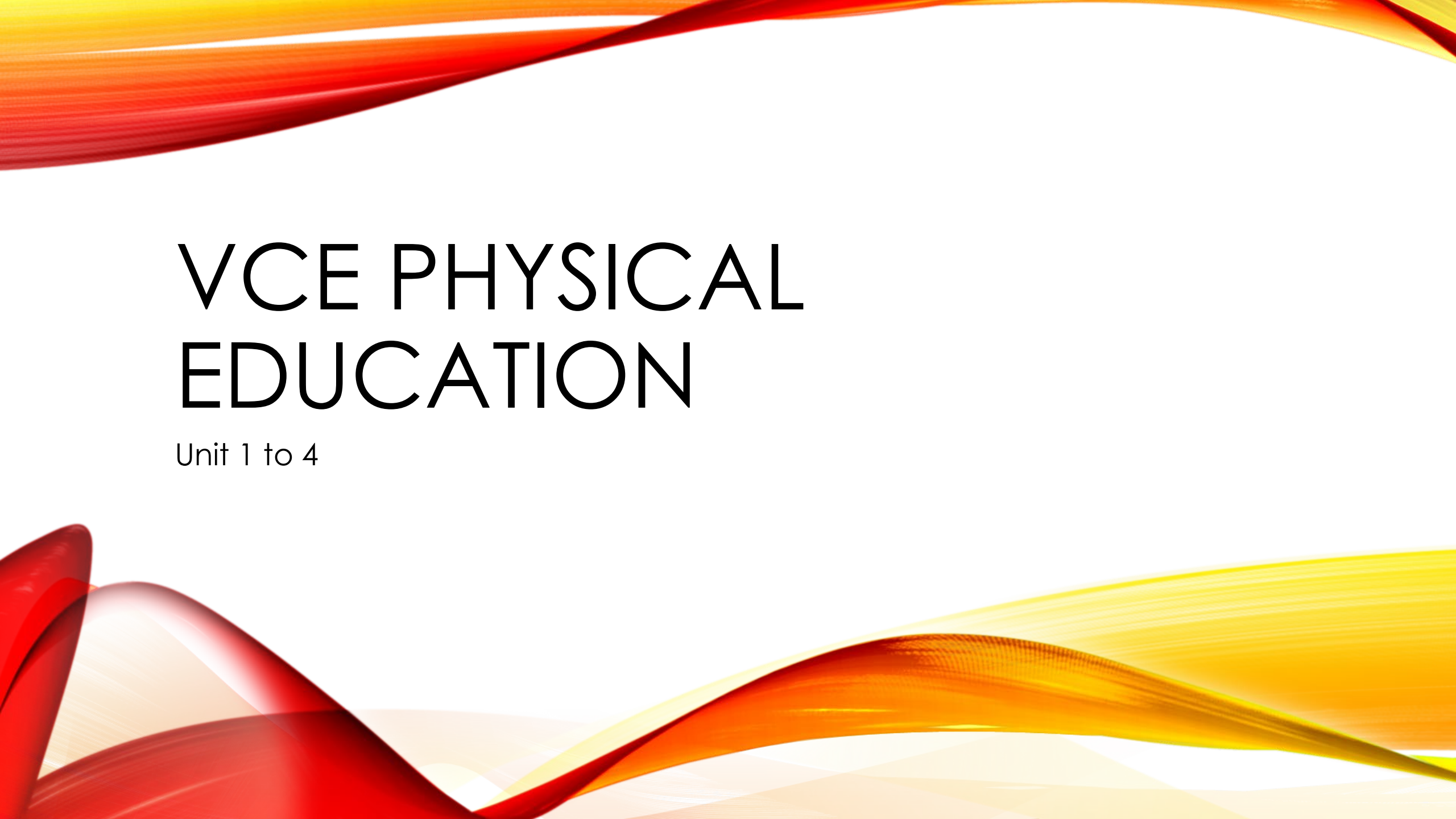




# HEALTH AND PHYSICAL EDUCATION SUBJECTS

- VCE Physical Education
- VCE Health and Human Development
- V.E.T Sport and Recreation- Certificate II in Sport and Recreation
- V.E.T Health- Certificate II in Health Support Services (Run Externally)

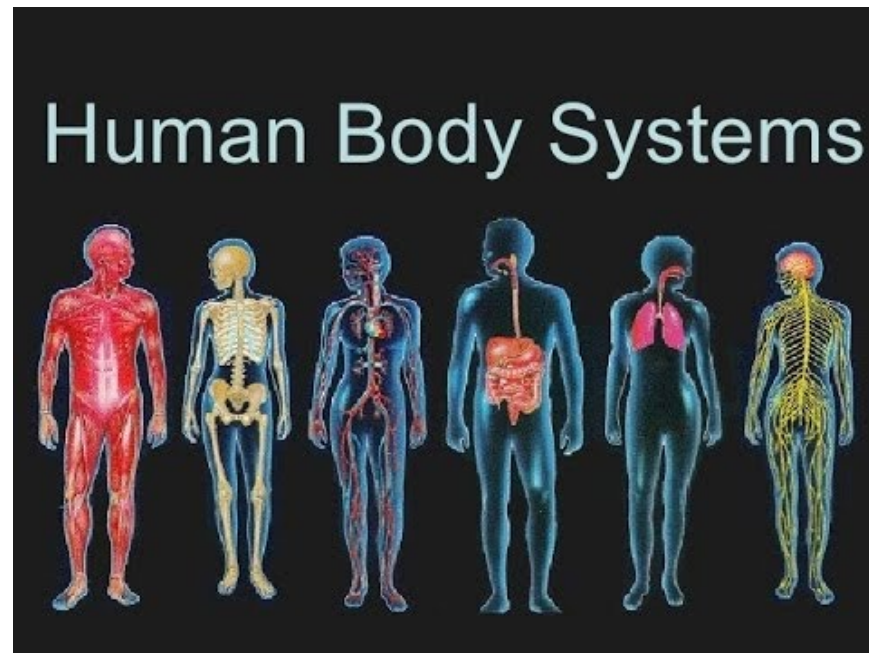


# VCE PHYSICAL EDUCATION

Unit 1 to 4

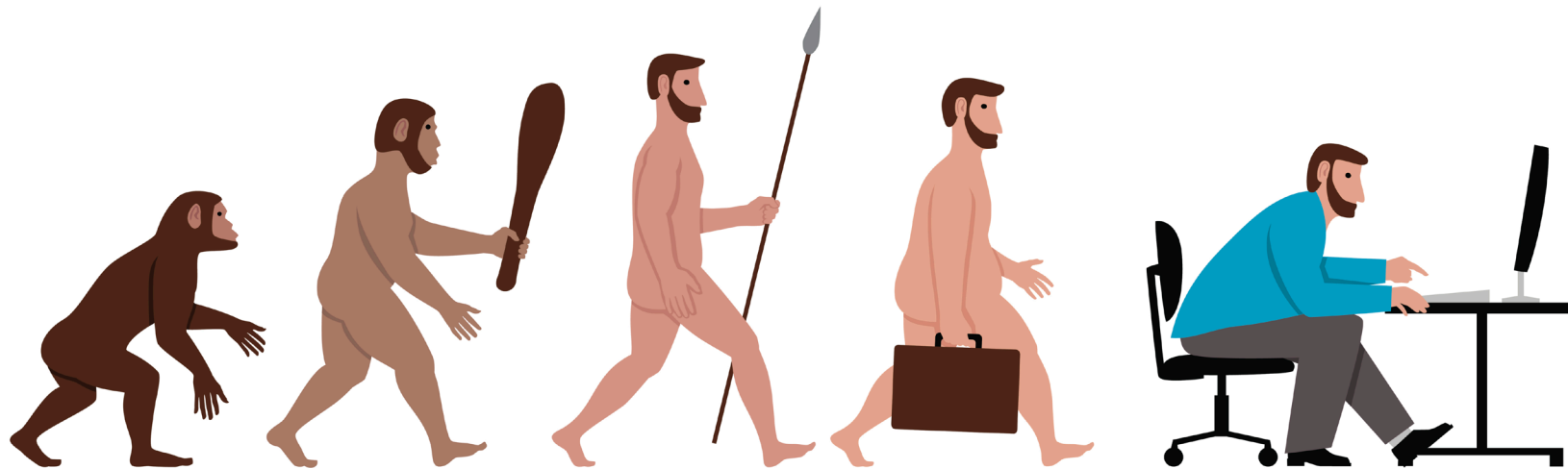
# WHAT WILL YOU LEARN? YEAR 11 (UNITS 1 & 2)

- How the body systems including respiratory, cardiovascular and musculoskeletal system work together to produce movement



# WHAT WILL YOU LEARN? YEAR 11 (UNITS 1 & 2)

- Links between physical activity, sedentary behaviour and health



# WHAT WILL YOU LEARN? YEAR 12 (UNITS 3 & 4)

- Biomechanics



- Energy Systems

- Training to improve performance





# POSSIBLE CAREER PATHS

- Physical Education teacher
- Sports coach
- Personal Trainer
- Massage therapist
- Exercise / Sport scientist

# FAQ

- How many practical sessions are there?

*Practical sessions will make up around 10% of lessons.*

- What types of assessment will be used?

*A combination of written reports, tests, laboratory reports and case studies.*

- Who can I see for more information?

*Any of the Health and Physical Education teachers.*



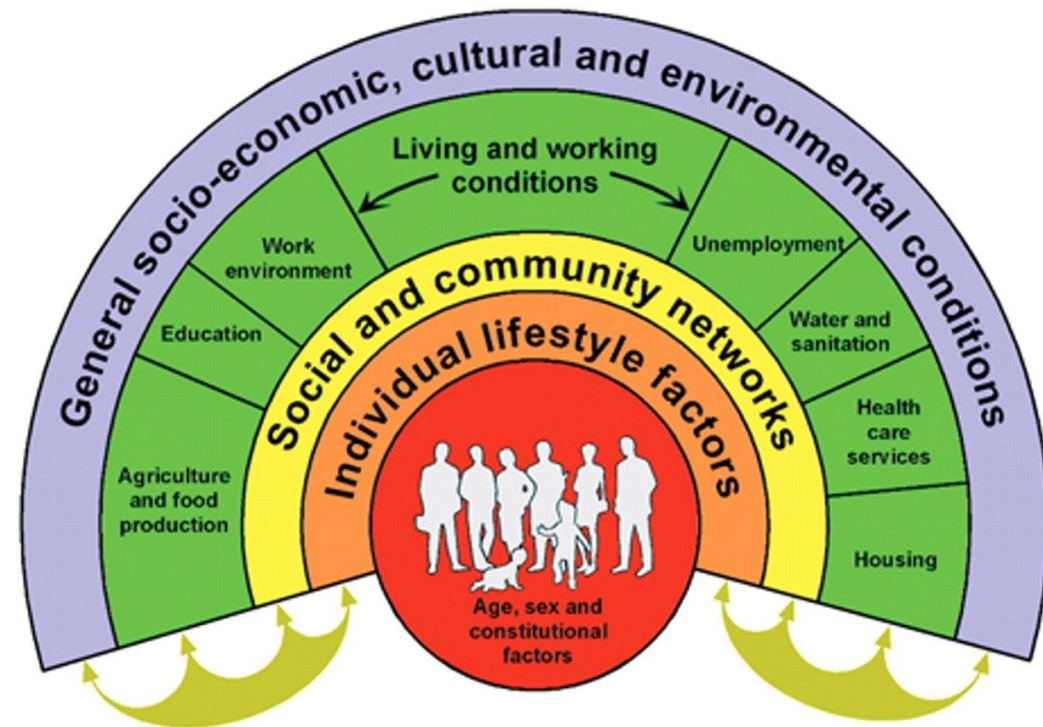
# VCE HEALTH & HUMAN DEVELOPMENT

**Unit 1 to 4**



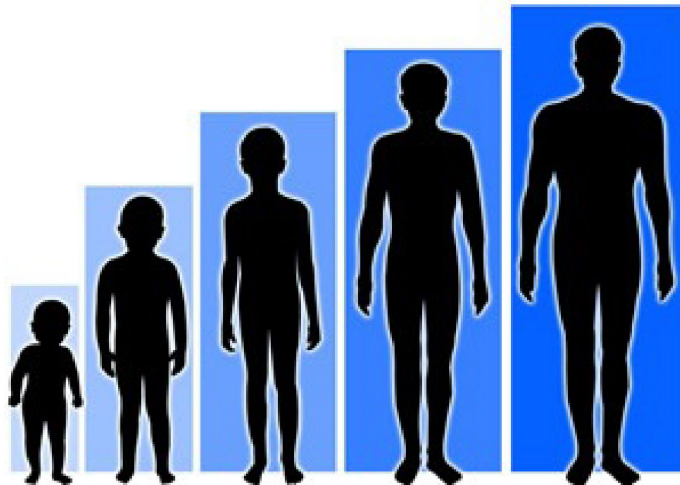
# WHAT WILL YOU LEARN? YEAR 11 (UNITS 1 & 2)

- Multiple dimensions of health and wellbeing
- Influences on health & wellbeing
- Indicators of health



# WHAT WILL YOU LEARN? YEAR 11 (UNITS 1 & 2)

- How health changes & what we expect as we go through youth.
- Investigate the Australian health care system
- Consider issues relating to access to health care



# WHAT WILL YOU LEARN? YEAR 12 (UNITS 3 & 4)

- Examine the global nature of health & wellbeing
- Approaches to public health
- Strategies to promote health
- Analyse reasons behind differences in health status





# POSSIBLE CAREER PATHS

- Nurse
- Medical professional
- Personal care worker
- Dietitian
- Counsellor
- Teaching
- Community Service and Health industry

# FAQ

- What types of assessment will be used?

*A combination of written reports, tests & examinations, case studies*

- Who can I see for more information?

*Mr Tickner, Mr Robertson or Mr Tahos*



# V.E.T. SPORT & RECREATION

Certificate II in Sport & Recreation

# WHAT WILL YOU LEARN?

- Skills & Knowledge to improve employment prospects in the sport & recreation industries
- Teaching the fundamentals of sports
- Maintaining sport & recreational facilities
- Applying legal and ethical coaching practices





# POSSIBLE CAREER PATHS

- Employment or volunteer roles in providing sport or recreation programs
- Grounds & facilities maintenance
- Working in a recreation / fitness centre





# V.E.T. HEALTH

Certificate II in Health Support Services

# WHAT WILL YOU LEARN?

- Knowledge & skills to improve employment prospects in the Health industry.
- Providing support for the effective functioning of health services.
- **Please note this course is not ran at Westall. This course is delivered from either Hallam or Holmesglen**





# POSSIBLE CAREER PATHS

- Employment or voluntary roles providing health services
- Enhanced employment prospects in the Health industry
- Nursing
- Personal care worker