

# Personal Development, Health and Physical Education (PDHPE) (2U)

Category A – NESAs Developed Course  
Counts towards ATAR



# Overview of PDHPE

This course provides students with the opportunity to learn about the range of areas that underpin health and physical activity.

With a focus on health of individuals and community as well as the factors that influence movement skills and physical activity levels, students develop their critical thinking skills and develop a deep understanding of the factors that impact on health, sport and physical activity in Australia.



# Overview of PDHPE

Mudgee High has a history of strong HSC results in PDHPE and has a knowledgeable and experienced staff to deliver the course.

The senior PDHPE course is academically rigorous and is predominately theory based with minimal practical participation.

It marries well with subjects such as Community and Family studies, Biology and Sport Lifestyle Recreation (SLR).

PDHPE Life skills is also available for study. Teachers design a program based on the selected syllabus outcomes and appropriate to the students' priorities, needs and interests.



# Who should select PDHPE?

Students with a strong interest in health, sports science and physical activity will find this course very rewarding. Highly recommended for students who wish to gain an ATAR for tertiary study.

The PDHPE course will be advantageous for students who wish to pursue a career in:

- |                      |                  |                    |
|----------------------|------------------|--------------------|
| • Human movement     | Physiotherapy    | Medicine           |
| • Health             | Counselling      | Personal Trainer   |
| • First Aid          | Coaching         | Radiology          |
| • Recreation         | Fitness Industry | Professional Sport |
| • Community Services | Nutrition        | Nursing            |
| • Police Force       | Community Health | PDHPE Teaching     |

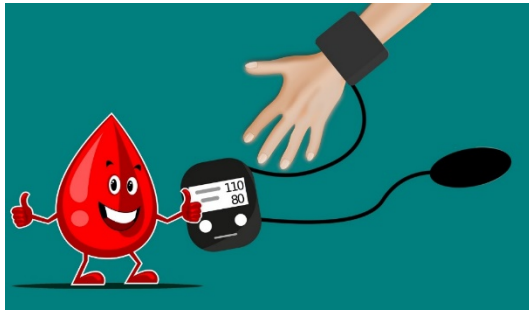
***All the above are careers have been undertaken by previous PDHPE students at MHS***



# What do we study in Year 11 PDHPE?

Students examine a range of areas that underpin health and physical activity. These include:

- How people think about health and physical activity.
- The management of personal health.
- The basis of how the body moves.



|               | Deadlift | Normal Squat | Single-leg squat |
|---------------|----------|--------------|------------------|
| Muscle Module |          |              |                  |
| Joint Module  |          |              |                  |

# Overview of course structure

Both Year 11 and Year 12 follow similar structure of study, completing 2 x 120 hour courses, broken into Core (60%) and two options (40%). Below is the overview for Year 11 Course.

## Core Topics

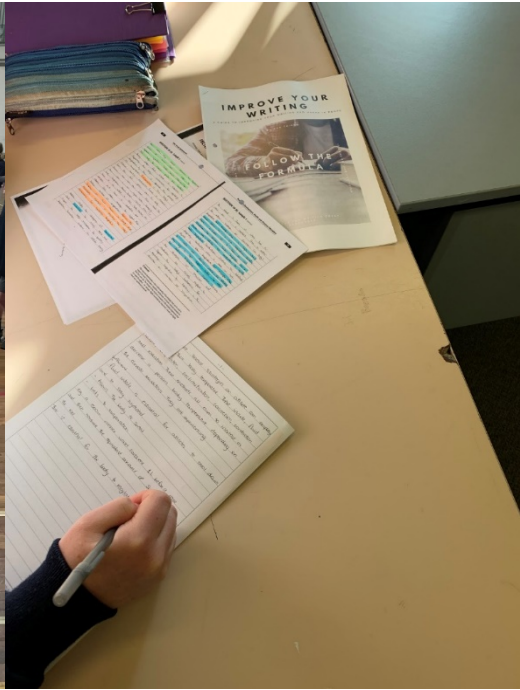
- Meanings of Health and Physical Activity
- Better Health for Individuals
- The Body in Motion

## Option Topics

- First Aid
- Fitness Choices
- Composition and Performance
- Outdoor Recreation



# Year 11 in action...



# Year 11 Options: Two for study

During the Preliminary course, students will also study option topics relating to Outdoor Recreation, First Aid, Fitness Choices or Composition and Performance.

*Pictured are students learning about navigation during the Outdoor Recreation Option.*

Note: During study of options there may be some fees for practical activities such as attending fitness class or participating in Outdoor Recreation Excursion.





# Assessment in Year 11

## School-based assessment requirements

NESA requires schools to submit a grade based on student achievement for each Year 11 candidate in a course.

The components and weightings for Year 11 are mandatory.

The Year 11 formal school-based assessment program is to reflect the following requirements:

- Three assessment tasks.
- The minimum weighting for an individual task is 20%.
- The maximum weighting for an individual task is 40%.
- Only one task may be a formal written examination.

| Component   | Weighting |
|---|-----------|
| Knowledge and understanding of course content                     | 40%       |
| Skills in critical thinking, research, analysis and communicating | 60%       |



# HSC Course

The HSC course focuses on major issues related to Australia's health status. Students examine factors that affect performance and investigate the health of young people and other groups experiencing health inequities.

In course options students focus on improving performance and safe participation by learning about advanced approaches to training or sports medicine concepts.



# Course Overview

## Core Topics

- Health Priorities In Australia
- Factors Affecting Performance

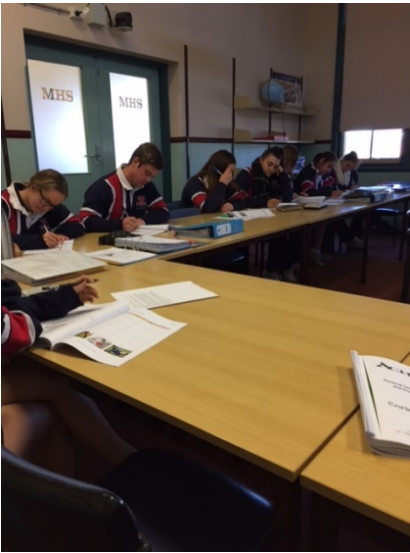
## Options

- Sports Medicine
- Improving Performance
- Sport and physical activity in Australian Society
- Health of Young People

*Overall the HSC PDHPE course correlates strongly to an individual's everyday living, health choices and wellbeing*



# Year 12 in action...



# Assessment in Year 12

The components and weightings for Year 12 are mandatory.

The Year 12 formal school-based assessment program is to reflect the following requirements:

- A maximum of four assessment tasks.
- The minimum weighting for an individual task is 10%.
- The maximum weighting for an individual task is 40%.
- Only one task may be a formal written examination with a maximum weighting of 30%.

| Component   | Weighting |
|---|-----------|
| Knowledge and understanding of course content                     | 40%       |
| Skills in critical thinking, research, analysis and communicating | 60%       |



# Misconceptions!

- PDHPE in Stage 6 is similar to Years 7 to 10 PDHPE.  
NO! Stage 6 is almost entirely a theory based course with occasional practical experiences to apply concepts learned in theory lessons.
- PDHPE is an 'easy' course.  
NO! Stage 6 PDHPE is an academically rigorous course that requires commitment from students if they wish to perform well in the HSC.



# Further information

For further information, feel free to contact the PDHPE Faculty staff.

- Ph: 02 63 72 1533
- Email: [mudgee-h.school@det.nsw.edu.au](mailto:mudgee-h.school@det.nsw.edu.au)

Regards,

Head Teacher PDHPE Ms. R. McCann

