

**STAGE 6
COURSES
PDHPE
FACULTY**

**SUBJECT SELECTION
YEAR 11 2021**



Courses On Offer

- **Personal Development, Health And Physical Education - PDHPE**
- **Sport, Lifestyle and Recreation - SLR**
- **Community and Family Studies - CAFS**

COURSE COMPARISONS

PDHPE

- ✓ ATAR eligible
- ✓ Theory based
- ✓ Assessment tasks/
school based exams
- ✓ Final HSC exam
- ✓ Core and Option
topics

CAFS

- ✓ ATAR eligible
- ✓ Theory based
- ✓ Assessment tasks/
school based exams
- ✓ Final HSC exam
- ✓ Core and Option
topics

SLR

- ✓ Practical and theory
components
- ✓ Assessment tasks/
school based exams
- ✓ Range of Modules
- ☐ NOT ATAR eligible
- ☐ No formal HSC
exam

CAREER POSSIBILITIES

PDHPE

- ✓ Sport Science
- ✓ PDHPE Teaching
- ✓ Sports Coaching
- ✓ Nursing/Medicine
- ✓ Personal Training
- ✓ Sports Medicine
- ✓ Physiotherapy
- ✓ Paramedic/
Emergency Services
- ✓ Nutritionist/
Dietitian

CAFS

- ✓ Teaching – early
childhood to
secondary
- ✓ Nursing
- ✓ Counselling
- ✓ Psychology
- ✓ Human Resources
- ✓ Social Worker
- ✓ Community Support
Officer

SLR

- ✓ Sport Science
- ✓ Sports Coaching
- ✓ Sports Management
- ✓ Elite Athletes
- ✓ Active After-Schools
- ✓ Outdoor Education
- ✓ Personal Trainer
- ✓ Fitness Instructor
- ✓ Swimming Instructor/
Lifeguard



PDHPE Overview

- **Theory-based ATAR eligible course, contributing 2 units to your HSC.**
- **Core topics focus on two main areas – maintaining and promoting health of individuals and communities, and factors that influence movement skill and performance in sport and physical activity.**

- **Better Health for Individuals**

- *What does health mean to individuals?*
- *What influences the health of individuals?*
- *What strategies help promote the health of individuals?*

- **The Body In Motion**

- *How do the musculoskeletal and cardiorespiratory systems of the body influence and respond to movement?*
- *What is the relationship between physical fitness, training and movement efficiency?*
- *How do biomechanical principles influence movement?*

PDHPE

Four modules are completed in the Year 11 course; two Core modules and two Option modules.

Core –

Better Health for Individuals
The Body In Motion

Option –

First Aid
Composition and Performance
Fitness Choices
Outdoor Recreation

• **Health Priorities in Australia**

- *How are priority issues for Australia's health identified?*
- *What are the priority issues for improving Australia's health?*
- *What role do health care facilities and services play in achieving better health for all Australians?*
- *What actions are needed to address Australia's health priorities?*

• **Factors Affecting Performance**

- *How does training affect performance?*
- *How can psychology affect performance?*
- *How can nutrition and recovery strategies affect performance?*
- *How does the acquisition of skill affect performance?*

PDHPE

Four modules are completed in the Year 12 course; two Core modules and two Option modules.

Core –

Health Priorities in Australia
Factors Affecting Performance

Option –

The Health of Young People
Sport and Physical Activity in
Australian Society
Sports Medicine
Improving Performance
Equity and Health



CAFS Overview

- Theory-based ATAR eligible course, contributing 2 units to your HSC.
- The course focuses on the concept of wellbeing, exploring ideas about what affects our own and others' wellbeing, and how to increase it.
- Looks at how individuals, groups, families and communities interact as part of our society.

- **Resource Management**

- *Fundamental concepts of resource management*
- *Influences on resource management*
- *Effective resource management*

- **Individuals and Groups**

- *Groups in the community*
- *Roles individuals adopt within groups*
- *Power within groups*
- *Conflict within groups*

- **Families and Communities**

- *Families*
- *Communities*
- *Managing change*
- *Socialisation of individuals within families and communities*

CAFS

Three core modules are completed in the Year 11 course;

Core –

Resource Management
Individuals and Groups
Families and Communities

- **Research Methodology**

- *Fundamentals, data, methods, process*
- *Individual Research Project*

- **Groups in Context**

- *Specific groups within the community*
- *Exploring the specific groups within the community*
- *Issues of concern for specific groups within the community*
- *Creating positive social environments*

- **Parenting and Caring**

- *Becoming a parent or carer*
- *Factors affecting the parenting and caring role*
- *Support for parents and carers*

CAFS

Four modules are completed in the Year 12 course; three Core modules and one Option module.

Core –

Research Methodology

Groups in Context

Parenting and Caring

Option –

Family and Societal Interactions

Social Impact of Technology

Individuals and Work

CAFS

The Individual Research Project (IRP) forms part of the assessment in the HSC Course.

Students are required to complete an Independent Research Project in the context of the HSC core module — Research Methodology.

- The course places particular importance on the skills of inquiry and investigation.
- You will develop and utilise research skills as you employ various research methodologies to complete an Independent Research Project (IRP).
- The IRP must relate to any of the areas of the course, but it can be specifically chosen by each student.



SLR Overview

- **Practical and theory based 2 unit course, which will not contribute to an ATAR.**
- **You will develop knowledge, understanding and skills about -**
 - **Factors that influence and promote health and participation in physical activity**
 - **Reaching your movement potential and enhancing performance**
 - **Influences on the participation and performance of self and others**
- **We aim for you to develop a lifelong commitment to an active, healthy lifestyle and the achievement of movement potential.**

- Aquatics
- Athletics
- Dance
- First Aid and Sports Injuries
- Fitness
- Games and Sports Applications I and II
- Gymnastics
- Healthy Lifestyle
- Individual Games and Sports Applications
- Outdoor Recreation
- Resistance Training
- Social Perspectives of Games and Sports
- Sports Administration
- Sports Coaching and Training

SLR

A selection of the listed modules are completed in any order over Year 11 and Year 12.

You will complete practical and theory activities for each module, including assessment tasks.

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