



Holsworthy  
High School

PDHPE/Music and  
Languages Faculty

# PDHPE and SPORT LIFESTYLE AND RECREATION



## Aim of PDHPE

Personal Development, Health and Physical Education (PDHPE) is an integrated area of study that provides for the intellectual, social, emotional, physical and spiritual development of students. It involves students learning about and practising ways of maintaining active, healthy lifestyles and improving their health status. It is also concerned with social and scientific understandings about movement, which lead to enhanced movement potential and appreciation of movement in their lives.

In order for students to enhance personal growth and to make a significant contribution to the wellbeing of others, this syllabus focuses on the health of individuals and communities and the factors that influence movement skill and physical activity levels.

The study of PDHPE also supports students as they develop into young adults. The syllabus encourages personal growth, the enhancement of wellbeing and the development of the individual's capacity to take a productive role in society.

## The Use of Technology

Our units of work incorporate ICT skills for a variety of purposes which includes a detailed study of movement and physical activity. The emphasis is on understanding how the body moves and the sociocultural influences that regulate movement.

Aspects to be studied include:

- **Anatomy**
- **Physiology**
- **Biomechanics**
- **Skill acquisition**
- **Coaching techniques**

Students also think critically about aspects of history, economics, gender and media as they impact on patterns of participation in physical activity and the ways that movement is valued. These areas of study prepare students to be informed participants in movement culture, skilled, intelligent performers and analysts of movement.

Students are offered a variety of opportunities in the Senior courses to allow for a greater depth of knowledge and understanding in the units covered including:

- **St John's First Aid Course**

- **Specialised Physical Performance Training**
- **Outdoor Education Camp**
- **Lifesaving award**
- **Coaching Clinics**

These aid in a variety of **University** courses including:

- Bachelor Health Science/Physiotherapy
- Bachelor of Sports Coaching and Administration
- Bachelor of Sports Business
- Bachelor of Applied Fitness
- Bachelor of Health and Movement
- Graduate Diploma of Education

## Stage 6 PDHPE (ATAR)

This course focuses on a social view of health where the principles of diversity, social justice and supportive environments are fundamental aspects of health. The examination of individual, family and community values and beliefs and the sociocultural and physical environments in which we live provides an explanation for health status and sustainable solutions for better health. The Ottawa Charter for Health Promotion is introduced as an important concept for exploring health issues. It provides a framework where enabling, mediating and advocating for health is acted upon through the key strategies of:

- building healthy public policy
- strengthening community action
- creating supportive environments
- developing personal skills
- reorienting health services.

The health promotion model is applied to specific study of national health priority areas and issues related to equity and health. It also enables students to investigate areas of great relevance, including the health of young people and the analysis of personal health.

## HSC Requirements

To fulfill the requirements for the Higher School Certificate; students in New South Wales will complete the following:

### PDHPE

- 3 hour written paper during the examination period of the HSC.

### SLR

- In school assessment only

## Stage 6 SLR (Non ATAR)

Sport, Lifestyle and Recreation makes a positive contribution to the total wellbeing of students. They develop knowledge and understanding of the value of activity, increased levels of movement skill, competence in a wide variety of sport and recreation contexts and skills in planning to be active. The strength of the community in this regard is enhanced by its members having the necessary skills and desire to adopt a range of officiating and support roles introduced in this course.

This course caters for a wide range of student needs. It can assist students in developing:

- the qualities of a discerning consumer and an intelligent critic of physical activity and sport
- high levels of performance skill in particular sports
- the capacity to adopt administrative roles in community sport and recreation
- the skills of coach, trainer, first aid officer, referee and fitness leader.

In the context of this course it may be possible for students to acquire recognised qualifications in these areas.

## PDHPE FACULTY

Mr J. Papac - Head Teacher  
Mr P. Aroney  
Ms K. Kunovski  
Mr A. Di Martino  
Ms E. Stoppino  
Ms A. Hill  
Ms S. Goovan