

## Why Choose a PDHPE subject on years 11 and 12?

Health and Community services is one of the fastest growing employment areas in Australia, having the fastest growth rate over the last 5 years (170 000 jobs/year) and a projected growth rate of 3%/year.

There are a wide variety of careers available in community services and health including;

- Childcare
- Youth work
- Nursing
- Physiotherapy
- Social work
- Supporting people with disabilities
- Health Technicians
- Drug and alcohol workers
- Mental health and counseling
- Baby Health
- Fitness trainers/instructors
- Corporate Health
- Sports Coaching
- Sports Administration
- Education—PDHPE Teaching

Due to the new technologies constantly emerging and the changing needs of the population, there is a range of career opportunities around the corner.

**The study of PDHPE is an introduction to the content that is relevant to many of these areas**

The following teachers will be happy to assist you with further advice on the Personal Development, Health & Physical Education courses available at Gorokan High School;

Mrs L Ricketts (HT)

Mr B Glachan (Rel HT)

Mr T Buxton

Miss H Buchanan

Mr S Underwood

Mr L Sharpe

Mr K Sweeney

Mr S Glachan

Miss J Turton



## GOROKAN HIGH SCHOOL

Stage 6  
Personal Development, Health and Physical  
Education

Goobarabah Avenue, Lake Haven  
Postal Address: PO Box 4338  
Lake Haven NSW 2263

Phone: 4393 7000

Fax: 4393 1157

E-mail: [gorokan-h.school@det.nsw.edu.au](mailto:gorokan-h.school@det.nsw.edu.au)

## Stage 6 Personal Development, Health and Physical Education

### Senior Subject Choices



Gorokan High School

Tel: 4393 7000



## 2 UNIT HSC PDHPE

2 Unit PDHPE is  
an ATAR course

The HSC Personal Development, Health and Physical Education Course is divided into two components:

- Preliminary Course (Terms 1-3 Yr 11)
- HSC Course (Term 4 Yr 11- Term 3 Yr 12)

### The Preliminary Course

The Preliminary course examines a range of areas that underpin health and physical activity. This includes how people think about health and physical activity and how they can achieve better health. Furthermore there is study into how the body moves. Course structure is as follows;

Preliminary PDHPE HSC	
Core 1	Better Health for Individuals
Core 2	The Body in Motion
Option 1	Fitness Choices
Option 2	First Aid

### The HSC Course

The HSC course extends upon the foundation concepts in the preliminary course. Students focus on major issues for Australia's health and the health status of it's population. Factors Affecting Physical Performance are also studied. Students then undertake 2 optional studies from a range of choices. The course is structured similar to the preliminary course and consists of the following;

HSC PDHPE	
Core 1 (30%)	Health Priorities in Australia
Core 2 (30%)	Factors Affecting Performance
Option 1 (20%)	Sports Medicine
Option 2 (20%)	Improving Performance

### Embedded Key Competencies

- Collecting, analyzing and organizing information.
- Communicating ideas and information
- Planning and organizing activities
- Working with others in teams
- Using mathematical ideas and techniques
- Using technology
- Solving problems



### PDHPE Associations



[www.achper.org.au](http://www.achper.org.au)



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