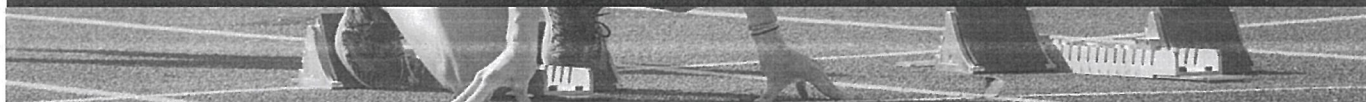


PDHPE

Board Endorsed Course	<input checked="" type="checkbox"/>	Category A	<input checked="" type="checkbox"/>	HSC	<input checked="" type="checkbox"/>	1 Unit	<input checked="" type="checkbox"/>
Content Endorsed Course	<input checked="" type="checkbox"/>	Category B	<input checked="" type="checkbox"/>	ATAR	<input checked="" type="checkbox"/>	2 Unit	<input checked="" type="checkbox"/>

Course contribution: nil



What is this course about?

Students focus on major issues related to Australia's health status, as well as study the factors that affect physical performance. Optional units include topics on Sports Medicine, Improving Performance and Fitness Choices.

Who should pick this course?

Students with an academic focus who have an interest and capacity in physical or health pursuits. It is a demanding course that is interesting, challenging and very rewarding.

Where could this course lead?

A career in the health, recreation or fitness industries, and substantial experience in subject matter related to many university courses such as teaching, physiotherapy, psychology, sports psychology, health care, social work, occupational therapy, paramedics, dietetics and nursing.

Who can I speak to about this course?

Mrs S Ryan, Mr Jones, Mr Stawski or Mrs Burgess.

Frequently Asked Questions about this course?

Do you get to do practical work in this subject? You do but very rarely and not in the same form as in junior PDHPE classes. The practical work that is undertaken is closely related to the theory topics and involves applying theoretical knowledge in a practical sense. An example would be undertaking skill activities in Basketball to identify the components of skill and stages of skill development (Core 2 in the HSC course). PDHPE has a 3 hour HSC examination.

Who chooses the options we study? The staff member and the students will collaborate on the choice of option topics.

Do many students choose this subject? Yes! PDHPE is a very popular course both at MHS and across NSW. Students who choose to study Community and Family Studies will also benefit from this course.

How is this subject different to SLR? Sport, Lifestyle and Recreation is a subject that has equal hours dedicated to theory and practical work - 2 Unit PDHPE is academically challenging and theory based.