

HEALTH AND WELLBEING

This subject focuses on physical and mental health, nutrition and developing a positive mindset.

PREREQUISITES: NIL

WHAT WILL YOU LEARN?

01. Learn more about healthy habits and having a positive mindset.
02. Explore how to understand nutrition and mental health better.
03. Understand how fitness and nutrition support mental health.

Transferable Skills	
<ul style="list-style-type: none"> • Developing healthy habits for life • Analysis, Planning and organisation, • Critical thinking, applying a range of strategies to problem solving • Collaborating and contributing to team results. • Writing appropriately for different audiences 	

Assessment	
Stage I	50% Practical Action, 50% Issues Inquiry
Stage II	40% Initiative, 30% Folio and 30% Inquiry



VOCATIONAL PATHWAYS

- Certificate III Health Services Assistance
- Diploma of Health Science
- Diploma of Mental Health



TERTIARY PATHWAYS

- Bachelor of Nursing
- Bachelor of Nutrition
- Bachelor of Health Science



CAREERS

- Registered Nurse
- Mental Health Social Worker
- Occupational Therapist
- Dietician
- Exercise Therapist



SACE STAGE 1 | 10 CREDITS
ONE SEMESTER/FULL YEAR



SACE STAGE 2 | 20 CREDITS
FULL YEAR



ATAR SUBJECT