

# HEALTH AND PHYSICAL EDUCATION

## YEAR 10 UNITS:

### Health

#### Subject description:

This unit explores a range of areas of study including:

- Introduction to Health and Wellbeing
- Measuring Australia's Health
- Health services
- Mental Health
- Health care
- Nutrition
- Parenting
- Loss and grief



#### Equipment and Text:

There is no text book, however students will require an exercise book/loose leaf paper and a folder. There is no additional cost and no scheduled excursions associated with this unit.

#### Special Comments:

Students have the opportunity to be involved in the Virtual Parenting Program, which involves the use of the interactive babies

This unit would be an excellent preparatory unit for VCE Health and Human Development as it introduces many concepts covered in VCE Health and Human Development Units 1 – 4.

