

HEALTH AND HUMAN DEVELOPMENT

- **Unit 1: Understanding health and wellbeing**
- **Unit 2: Managing health and development**
- **Unit 3: Australia's health in a globalised world**
- **Unit 4: Health and human development in a global context**



HEALTH AND HUMAN DEVELOPMENT

- **Unit 1: Understanding health and wellbeing**

This unit looks at health and wellbeing as a concept with varied and evolving perspectives and definitions:

- **Area of Study 1: Health perspectives and influences**

- Students look at multiple dimensions of health and wellbeing, explain indicators used to measure health status and analyse factors that contribute to variations in health status of youth.

- **Area of Study 2: Health and nutrition**

- Students explore food and nutrition as foundations for good health and wellbeing. They investigate the roles and sources of major nutrients and the food selection models to promote healthy eating.

- **Area of Study 3 Youth health and wellbeing**

- Students focus on the health and wellbeing of Australia's youth and conduct research into a selected area of interest. They interpret data to identify key areas for improving youth health and wellbeing.

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- **Unit 2: Managing health and development**

This unit investigates transitions in health and wellbeing, and development, from lifespan and societal perspectives. Students look at changes and expectations that are part of the progression from youth to adulthood.

- **Area of Study 1: Developmental transitions**

- This area focuses on the developmental transitions from youth to adulthood, with a focus on expected changes, significant decisions and protective factors including behaviours

- **Area of Study 2: Health care in Australia**

- This area investigates the health system in Australia, including the functions of various entities that play a role in our health system.

Health and Human Development

KEY INFORMATION:

VCE Health and Human Development provides students with the skills and knowledge to make informed decisions about their own health and to recognise the importance of health in society. In undertaking this study, they will be able to actively participate in making appropriate choices that allow for good health and be able to seek appropriate advice.

POSSIBLE CAREERS:

- **Health services**
- **Nursing**
- **Occupational therapy**
- **Food and nutrition services**
- **Public health promotion**
- **Social work**
- **Paramedical services**

