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| **Unit 1 Health Studies**  **2018** |
| Course Outline  K:\Public\Kennedy Logos\crest\Kennedy-Crest-Cmyk.jpg  **Contact Information**  [dorr@kennedy.wa.edu.au](mailto:dorr@kennedy.wa.edu.au) |

**Unit 1 Outline**

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| **Term 1** | | |
| **Week #** | **Content** | **Assessments** |
| Week 1 | Course Introduction.  What is health? (WHO definitions)  What determines how healthy we are?  Determinants of health:  Social Determinants   * Social gradient * Stress * Early life * Social exclusion * Work * Unemployment * Social Support * Addiction * Food * Transport * Culture |  |
| Week 2 | Environmental Determinants   * Features of the natural and built environment * Geographical location * Chinese Cancer Villages Video |  |
| Week 3 | Socioeconomic Determinants   * Education * Employment * Income * Family * Housing/neighbourhood * Access to services * Migration/refugee status * Food security   Biomedical Determinants   * Birth weight * Body weight |  |
| Week 4 | Viewing and analysis of  “Erin Brockovich” Film | **#1 Erin Brockovich Essay (in-class) 2.5% RESPONSE** |
| Week 5 | Health promotion  Definition of Health Promotion  Framework for Health Promotion, including:   * Focus (individuals, groups, populations) * Strategies (Educational, motivational, operational, economic, regulatory, technological) * Impact (Behavioural and environmental adaptations) * Outcomes (better health) |  |
| Week 6 | Ottawa Charter  Purpose and element of the Ottawa Charter for health promotion.  Action areas of the Ottawa Charter   * Building healthy public policy * Developing personal skills * Creating supportive environments * Strengthening community action * Reorienting health services |  |
| Week 7 | Assignment Work  (Health Promotion Project) |  |
| Week 8 | Health Inquiries  Planning a health inquiry   * Identification and description of a health issue * Development of focus questions to research a health issue   Use a range of information to explore a health issue   * Identification and use of a range of reliable information sources * Identification and application of criteria for selecting information sources   Interpretation of information   * Summary of information * Identification of trends and patterns in data * Development of argument * Development of general conclusions   Presentation of findings in appropriate format to suit audience | **#2 Health promotion project 7.5% PROJECT** |
| Week 9 | Health Inquiry-Group practice task.  Term revision for topic test |  |
| Week10 | **EASTER**  Social and cultural norms  Definition of social and cultural norms   * Review of Health Inquiry principles. |  |
| Week 11 | **YEAR 11 CAMP** |  |

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| **Term 2** | | |
| **Week #** | **Content** | **Assessments** |
| Week 1 | Social and cultural norms inquiry | **#3 Term 1 Topic Test**  **5% RESPONSE** |
| Week 2 | Social and cultural norms inquiry |  |
| Week 3 | Beliefs, attitudes and values.   * Relationships between beliefs, attitudes, values and health behaviour   Influence of media, social networking, advertising and marketing on beliefs, attitudes and values. |
| **#4 Cultural norms inquiry**  **10% INQUIRY** |
| Week 4 | Exam revision |  |
| Week 5 | **Year 11 Exams** |  |
| Week 6 | **Year 11 Exams** | **#5 Semester One Exam**  **15% EXAMINATION** |
| Week 7 | Exam feedback  Purpose and elements of the health belief model   * Perceived susceptibility * Perceived severity * Perceived barriers * Perceived benefits * Cues to action   Self-efficacy  Coping skills and strategies   * Stress management * Accessing support * Time management   Skills required for working effectively with individuals and groups   * Negotiation * Conflict resolution * Mediation * Leadership   Influence of introvert and extrovert personality styles on communication |  |
| Week 8 | Health Belief Model Application |  |
| Week 9 | Definition of, and skills required for, health literacy   * Accessing, reading and comprehending health information.   Engaging in self-care and disease management  Factors influencing the use of health products and services   * Media * Transport * Cost   Consumer confidence |  |
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**Unit 2 Outline**

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| **Term 3** | | |
| **Week Number** | **Content** | **Assessments** |
| Week 1 | Community development   * Definition and purpose of community development   Community development principles:   * Sustainability * Diversity * Social justice * Human rights * Addressing disadvantage   Valuing local knowledge, skills and resources | **#6 Health Literacy Project due (10%) PROJECT** |
| Week 2 | Community development  Levels of participation in community development:   * Information * Consultation * Joint decision making * Acting together * Supporting community interests   Relationship between participation and empowerment in community development  Video Resources:  “URBANIZED”  “THAT SUGAR FILM” |  |
| Week 3 | Jakarta Declaration  Purpose and elements of the Jakarta Declaration on Health Promotion  Group Work |  |
| Week 4 | Social marketing  Use of social marketing:   * Definition and purpose   Product, price, place, promotion  Factors affecting the use of health products and services:   * Media * Cost * Transport * Consumer confidence | **#7 Community development project task due.**  **(12.5%) PROJECT** |
| Week 5 | Examples of health-related social marketing  Influence of the media on social norms and health behaviour |  |
| Week 6 | Examples of health-related social marketing  Influence of the media on social norms and health behaviour  Revision of Health Inquiry Principles:  Planning a health inquiry   * Identification and description of a health issue * Development of focus questions to research a health issue   Use a range of information to explore a health issue   * Identification and use of a range of reliable information sources * Identification and application of criteria for selecting information sources   Interpretation of information   * Summary of information * Identification of trends and patterns in data * Development of argument * Development of general conclusions   Presentation of findings in appropriate format to suit audience |  |
| Week 7 | Epidemiology  Roles and measures of epidemiology   * Mortality * Morbidity * Life expectancy * Incidence and prevalence of disease * Burden of disease |  |
| Week 8 | Preventive strategies to maintain, avoid and manage risk for personal and community health   * Screening * Immunisation |  |
| Week 9 | Preventive strategies to maintain, avoid and manage risk for personal and community health   * Health education * Primary, secondary and tertiary prevention   Purpose of the Australian National Health Priority Areas (NHPAs) initiative |  |
| Week10 | NHPA’S  Purpose of the Australian National Health Priority Areas (NHPAs) initiative | **#8 Term 3 Topic Test**  **(7.5%) REPSONSE** |

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| **Term 4** | | |
| Week 1 | Ethical issues arising from contemporary health practices   * Organ and tissue donation * In-vitro fertilisation * Stem cells * Genetically modified foods |  |
| Week 2 | Assignment Work |  |
| Week 3 | Self-management skills  Definition of and competencies for Emotional Intelligence   * Self-awareness * Self-regulation * Self-motivation * Social awareness * Social skills   Interpersonal Skills:   * Characteristics and appropriate use of autocratic, democratic and laissez-faire leadership styles | **#9 Contemporary technology inquiry due**  **(5%) INQUIRY** |
| Week 4 | Term/year revision | **#10 Term 4 Mini Test**  **(5%) RESPONSE** |
| Week 5 | Term/year revision | **#11 Semester 2 exam**  **(15%) EXAMINATION** |