

HEALTH AND WELLBEING

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

PREREQUISITES: NIL

WHAT WILL YOU LEARN?

01. Learn more about healthy habits and having a positive mindset.
02. Understand and analyse health and wellbeing trends and issues.
03. Using SMART goals to make positive changes in their life.

Transferable Skills

- 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