

Preliminary knowledge and understanding outcomes

<p>P1 identifies and examines why individuals give different meanings to health</p> <p>C1</p>	<p>P2 explains how a range of health behaviours affect an individual's health</p> <p>C1</p>
<p>P3 describes how an individual's health is determined by a range of factors</p> <p>C1</p>	<p>P4 evaluates aspects of health over which individuals can exert some control</p> <p>C1</p>
<p>P5 describes factors that contribute to effective health promotion</p> <p>C1, O3</p>	<p>P6 proposes actions that can improve and maintain an individual's health</p> <p>C1, O1, O3, O4</p>
<p>P7 explains how body systems influence the way the body moves</p> <p>C2</p>	<p>P8 describes the components of physical fitness and explains how they are monitored</p> <p>C2</p>
<p>P9 describes biomechanical factors that influence the efficiency of the body in motion</p> <p>C2</p>	<p>P10 plans for participation in physical activity to satisfy a range of individual needs</p> <p>C2, O3, O4</p>
<p>P11 assesses and monitors physical fitness levels and physical activity patterns</p> <p>C2</p>	<p>P12 demonstrates strategies for the assessment, management and prevention of injuries in first aid settings</p> <p>O1</p>
<p>P13 develops, refines and performs movement compositions in order to achieve a specific purpose</p> <p>O2</p>	<p>P14 demonstrates the technical and interpersonal skills necessary to participate safely in challenging outdoor recreation activities</p> <p>O4</p>

HSC Knowledge and understanding outcomes

<p>H1 describes the nature and justifies the choice of Australia's health priorities</p> <p>C1, O5</p>	<p>H2 analyses and explains the health status of Australians in terms of current trends and groups most at risk</p> <p>C1, O1, O5</p>
<p>H3 analyses the determinants of health and health inequities</p> <p>C1, O5</p>	<p>H4 argues the case for health promotion based on the Ottawa Charter</p> <p>C1</p>
<p>H5 explains the different roles and responsibilities of individuals, communities and governments in addressing Australia's health priorities</p> <p>C1, O1, O5</p>	<p>H6 demonstrates a range of personal health skills that enables them to promote and maintain health</p> <p>O1</p>
<p>H7 explains the relationship between physiology and movement potential</p> <p>C2, O4</p>	<p>H8 explains how a variety of training approaches and other interventions enhance performance and safety in physical activity</p> <p>C2, O4</p>
<p>H9 explains how movement skill is acquired and appraised</p> <p>C2, O4</p>	<p>H10 designs and implements training plans to improve performance</p> <p>C2, O4</p>
<p>H11 designs psychological strategies and nutritional plans in response to individual performance needs</p> <p>C2</p>	<p>H12 analyses the influence of sociocultural factors on the way people participate in and value physical activity and sport</p> <p>O2</p>
<p>H13 selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity</p> <p>O3</p>	

Preliminary and HSC critical thinking, research, analysing and communicating skills outcomes

<p>P15 forms opinions about health-promoting actions based on a critical examination of relevant information</p> <p>C1, O1, O3</p>	<p>H14 argues the benefits of health-promoting actions and choices that promote social justice</p> <p>C1, O5</p>
<p>P16 uses a range of sources to draw conclusions about health and physical activity concepts</p> <p>C1, C2, O1, O2, O3, O4</p>	<p>H15 critically analyses key issues affecting the health of Australians and proposes ways of working towards better health for all</p> <p>C1, O5</p>
<p>P17 analyses factors influencing movement and patterns of participation</p> <p>C2, O2, O3, O4</p>	<p>H16 devises methods of gathering, interpreting and communicating information about health and physical activity concepts</p> <p>C1, C2, O2, O3, O4, O5</p>
	<p>H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation</p> <p>C2, O3, O4</p>