



VCE HEALTH AND HUMAN DEVELOPMENT

INFORMATION GUIDE



120 CELEBRATING 100 YEARS
1904 2024

Kilbreda College

VCE HEALTH AND HUMAN DEVELOPMENT

RATIONALE

VCE Health and Human Development provides students with a broad understanding of health and wellbeing that reaches far beyond the individual. They learn how important health and wellbeing is to themselves and to families, communities, nations and global society. Students explore the complex interplay of biological, sociocultural and environmental factors that support and improve health and wellbeing, and those that compromise it. The study provides opportunities for students to view health and wellbeing, and human development, holistically - across the lifespan and the globe, and through a lens of social justice.

UNIT 1

Area of Study 1

Concepts of health

In this area of study, students take a broad, multidimensional approach to health and wellbeing. Such an approach acknowledges that defining and measuring concepts of health are complicated by a diversity of social and cultural contexts. Students consider the measurable indicators of population health and look at data reflecting the health status of young Australians. Focusing on youth, students inquire into the reasons for variations and inequalities in health status, including the sociocultural factors that contribute to variations in health outcomes.

Area of Study 2

Youth health and wellbeing

In this area of study, students apply the broad concepts of health and wellbeing from Area of Study 1 to their study of Australia's youth. They identify major health inequalities impacting Australia's youth and reflect on the causes. Students inquire into how governments and organisations develop and implement youth health programs and consider factors that influence the implementation of and access to these programs.

Students conduct a research investigation and apply research skills to find out what young people are most focused on and concerned about regarding health outcomes. The focus for this research could include key areas such as mental health and wellbeing, smoking and vaping, alcohol and other drugs, gambling, relationships and sexuality, and safety (for example, on the road, in the water and the sun, and online).

Students select a particular focus area and conduct research, interpret data and draw conclusions on how the health of Australia's youth can be promoted and improved.

Area of Study 3

Health and nutrition

In this area of study, students explore food and nutrition as foundations for good health. They investigate the roles and sources of major nutrients and the use of food selection models and other initiatives to promote healthy eating. Students explore the health consequences of nutritional imbalance, especially for youth, and consider the sociocultural and commercial factors that influence the food practices of, and food choices made, by youth. They develop strategies for building health literacy and evaluating nutrition information from various sources, including advertisements and social media.

UNIT 2

Area of Study 1

Developmental transitions

In this area of study, students examine the developmental transitions from youth to adulthood, with a focus on expected changes, significant decisions, and protective factors including behaviours. They consider perceptions of what it means to be a youth and an adult and investigate the expected physical and social changes. They inquire into factors that influence both the transition from youth to adulthood and later health status. They consider the characteristics of respectful, healthy relationships. Students examine parenthood as a transition in life. With a focus on the influence of parents or carers, and families, they investigate factors that contribute to development, and health and wellbeing during the prenatal, infancy and early childhood stages of the human lifespan. Health and wellbeing is considered as an intergenerational concept; that is, the health and wellbeing of one generation affects the next.

Area of Study 2

Youth health literacy

In this area of study, students investigate the health system in Australia from the perspective of youth and their rights and responsibilities. They examine the functions of various entities that play a role in our health system. Students inquire into equity of access to health services, as well as the rights and responsibilities of youth receiving health care. They research the range of health services in their communities and suggest ways of improving the health literacy and health outcomes of youth.



CAREER OPTIONS

- Counsellor
- Dietitian
- Doctor
- Health Worker
- Nurse
- Nutritionist
- Occupational Therapist
- Paramedic
- Psychologist

UNIT 3

Area of Study 1

Understanding health and wellbeing

In this area of study, students explore health and wellbeing, and illness as complex, dynamic and subjective concepts. They reflect on both the universality of public health goals and the increasing influence of global conditions on Australians. Students develop their understanding of the indicators used to measure and evaluate health status, and the factors that contribute to variations in health status between different groups.

Area of Study 2

Promoting health and wellbeing

In this area of study, students look at different approaches to public health over time, with an emphasis on changes and strategies that have succeeded in improving health outcomes. They examine the progression of public health in Australia since 1900, noting global changes and influences such as the Ottawa Charter for Health Promotion, and the general transition of focus from the health and wellbeing of individuals to that of population groups including Aboriginal and Torres Strait Islander Peoples. Students investigate the Australian health system and its role in promoting health and wellbeing. They apply their understanding of successful health promotion campaigns, programs and case studies to evaluate the ability of initiatives to identify priorities and improve health outcomes in Australia

UNIT 4

Area of Study 1

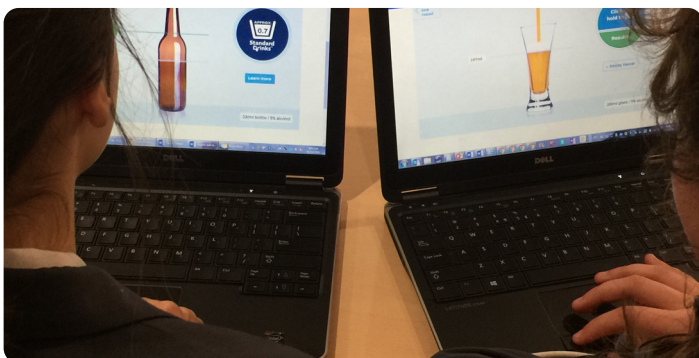
Global health and human development

In this area of study, students explore similarities and differences in health status and human development in low-, middle- and high-income countries, including Australia. They investigate a range of factors that contribute to health inequalities and study the concepts of sustainability and the Human Development Index to further their understanding of health and human development in a global context. Students inquire into the effects of global trends on health and human development.

Area of Study 2

Health and sustainable development goals

In this area of study, students look at action for promoting health globally. They consider the importance of and relationships between the UN's SDGs, focusing on their promotion of health and human development. Students investigate the priorities of the WHO and evaluate Australia's aid program and the role of non-government organisations. They reflect on meaningful and achievable individual and social actions that could contribute to the work of national and international organisations that promote health and wellbeing.



To find out more information
about VCE Health and Human Development
at Kilbreda College, please contact:

Daniel Kelly
Learning Leader:
Health and Physical Education

daniel.kelly@kilbreda.vic.edu.au

Kilbreda College

118 Mentone Parade, Mentone VIC 3194
(03) 9581 7766
kilbreda.vic.edu.au



This flyer is correct as of July 2024, however may be subject to change.