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| **Unit 1 Health Studies** **2018** |
| Course OutlineK:\Public\Kennedy Logos\crest\Kennedy-Crest-Cmyk.jpg**Contact Information**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
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|  Week 2 | Environmental Determinants* Features of the natural and built environment
* Geographical location
* Chinese Cancer Villages Video
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| Week 3 | Socioeconomic Determinants* Education
* Employment
* Income
* Family
* Housing/neighbourhood
* Access to services
* Migration/refugee status
* Food security

Biomedical Determinants* Birth weight
* Body weight
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| Week 4 | Viewing and analysis of “Erin Brockovich” Film | **#1 Erin Brockovich Essay (in-class) 2.5% RESPONSE** |
| Week 5 | Health promotionDefinition of Health PromotionFramework for Health Promotion, including:* Focus (individuals, groups, populations)
* Strategies (Educational, motivational, operational, economic, regulatory, technological)
* Impact (Behavioural and environmental adaptations)
* Outcomes (better health)
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| Week 6 | Ottawa CharterPurpose 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
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| Week 7 | Assignment Work (Health Promotion Project) |  |
| Week 8 | Health InquiriesPlanning 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 normsDefinition of social and cultural norms * Review of Health Inquiry principles.
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| 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 feedbackPurpose and elements of the health belief model* Perceived susceptibility
* Perceived severity
* Perceived barriers
* Perceived benefits
* Cues to action

Self-efficacyCoping 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 managementFactors influencing the use of health products and services* Media
* Transport
* Cost

Consumer confidence |  |
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| **Unit 2 Health Studies****2018** |
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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 developmentLevels of participation in community development:* Information
* Consultation
* Joint decision making
* Acting together
* Supporting community interests

Relationship between participation and empowerment in community developmentVideo Resources:“URBANIZED”“THAT SUGAR FILM” |  |
| Week 3 | Jakarta DeclarationPurpose and elements of the Jakarta Declaration on Health PromotionGroup Work |  |
| Week 4 | Social marketingUse of social marketing:* Definition and purpose

Product, price, place, promotionFactors 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 marketingInfluence of the media on social norms and health behaviour |  |
| Week 6 | Examples of health-related social marketingInfluence of the media on social norms and health behaviourRevision 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
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| Week 8 | Preventive strategies to maintain, avoid and manage risk for personal and community health* Screening
* Immunisation
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| 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’SPurpose 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
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| Week 2 | Assignment Work |  |
| Week 3 | Self-management skillsDefinition 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** |