

HEALTH AND PHYSICAL EDUCATION

Course: Health 101 (HEA 101)				Teacher to see: Miss B McFall				
COURSE DESCRIPTION: A study of various skills related to wellbeing. This course looks at how to promote positive sexuality, the importance of interpersonal skills in relationships, strategies to deal with major change and recognising eating patterns across a range of age groups.				PREREQUISITES: None				
ELIGIBLE FOR COURSE ENDORSEMENT YES				COSTS: Subject fees: None				
Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
AS90972	1	Health	Influences on adolescent eating patterns and health-enhancing recommendations	Ext	4	Lit		
AS90971	1	Health	Take action to enhance an aspect of personal well-being	Int	3	Lit		
AS91097	1	Health	Ways in which well-being can change and strategies to support well-being	Int	4	Lit		
AS90973	1	Health	Interpersonal skills used to enhance relationships	Int	5	Lit		
AS90974	1	Health	Strategies for promoting positive sexuality	Int	4	Lit		
Total Credits:					20			
<p>Related careers: Beautician, Nurse Aide, Massage therapist, First Aid instructor, Community worker.</p> <p>Transferable skills: Positive, assertive interpersonal skills, demonstrating & promoting positive sexuality, resilience</p>								

Course: Health 201 (HEA 201)

Teacher to see: Ms Tai Tin

COURSE DESCRIPTION:

A study of various health related issues that impact on our wellbeing. There will be a focus on understanding and building resilience, investigating messages about sexuality and how situations of bullying, discrimination or sexual harassment can put a person's safety at risk. You will be expected to implement a health promotion initiative to improve the wellbeing of the school.

ELIGIBLE FOR COURSE ENDORSEMENT YES

PREREQUISITES:

10 credits from Level 1 Health or at HOD discretion

COSTS:

Subject fees: None

Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
AS91236	2	Health	Evaluate factors that influence people's ability to manage change	Int	5	Lit		P, S, SC
AS91237	2	Health	Take action to enhance an aspect of people's well-being within the school or wider community	Int	5	Lit		P, S, SC
AS91238	2	Health	Analyse an interpersonal issue(s) that places personal safety at risk	Ext	4	Lit		P, S, SC
AS91239	2	Health	Analyse issues related to sexuality and gender to develop strategies for addressing the issues	Int	5	Lit		P, S, SC
Total Credits:					19			

Related careers: Natural Health Therapist, Hospital Orderly, Social Worker, Counselling, Medicine, Sport, Community Health Worker.

Transferable skills: Interpersonal skills, personal and social responsibility. Research skills.

Course: Health 301 (HEA 301)

Teacher to see: Ms Tai Tin

COURSE DESCRIPTION:

A study of various health issues that impact on the wellbeing of people in NZ and internationally and research specific health practices that are available in NZ.

PREREQUISITES: 10 credits from Level 2 Health (from either 2.2, 2.4 or 2.5) or HOD discretion

ELIGIBLE FOR COURSE ENDORSEMENT YES
UNIVERSITY APPROVED LIST SUBJECT YES

COSTS:
Subject fees: None

Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
AS91461	3	Health	Analyse a New Zealand health issue	Int	5	Lit	R	
AS91462	3	Health	Analyse an international health issue	Ext	5	Lit	R/W	
AS91463	3	Health	Evaluate health practices currently used in NZ	Int	5	Lit	R	
AS91464	3	Health	Analyse a contemporary ethical issue in relation to well-being	Int	4	Lit	R	
Total Credits:					19			

Related careers: Natural Health Therapist, Hospital Orderly, Social Worker, Counselling, Medicine, Sport, Community Health Worker.

Transferable skills: Interpersonal skills, personal and social responsibility. Research skills.

Course: Sport 103 (SPT 103)

Teacher to see: Mr Brain

COURSE DESCRIPTION: This course introduces students to safety in the outdoors, investigates the roles of interpersonal skills in the effective functioning of a group, and has practical assessment. Students in this course also implement a sporting activity to get other students involved in sport.

PREREQUISITES: Record to show willingness to be involved in exercise.

ELIGIBLE FOR COURSE ENDORSEMENT YES

COSTS:
Subject fees: None

Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
AS90962	1	PE	Participate actively in a variety of physical activities explain factors that influence own participation	Int	5			
AS90964	1	PE	Demonstrate quality movement in performance of a physical activity	Int	3			
AS90966	1	PE	Demonstrate interpersonal skills in a group and explain how these skills impact on others	Int	4	Lit		
AS90968	1	PE	Demonstrate and describe responsible behaviour for safety during outdoor education activities	Int	3	Lit		
AS90969	1	PE	Take purposeful action to assist others to participate in physical activity	Int	2			
Total Credits:					17			

Related careers: Health, Sport and Recreation Careers, Coaching, Fitness industry, Teaching and Officiating.

Transferable skills: Understand workings of human body, ways to improve physical performance. Positive group interaction and leadership.

Course: Sport 203 (SPT 203)

Teacher to see: Mr Revill

COURSE DESCRIPTION: This course investigates risk management in the outdoors and the development of socially responsible behaviours. It introduces students to the sociology of sport, and has a practical assessment.

PREREQUISITES: To have a positive approach to exercise and willingness to learn more about this field.

ELIGIBLE FOR COURSE ENDORSEMENT YES

COSTS:
Subject fees: None
Other costs: Camp costs of approximately \$150

Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
AS91330	2	PE	Perform a physical activity in an applied setting	Int	4			S, C
AS91333	2	PE	Analyse the application of risk management strategies to a challenging outdoor activity	Int	3	Lit		S, C
AS91331	2	PE	Demonstrate understanding of the significance for self, others and society in Rugby World Cup	Int	4	Lit		S, C
AS91334	2	PE	Consistently demonstrate social responsibility through applying a social responsibility	Int	3			S, C
AS91335	2	PE	Examine the implementation and outcome(s) of a physical activity event or opportunity	Int	3	Lit		S, C
Total Credits:					17			

Related careers: Health, Sport and Recreation Careers, Coaching, Fitness industry, Teaching and Officiating.

Transferable skills: Understand workings of human body, ways to improve physical performance. Positive group interaction and leadership

Course: Sport 303 (SPT 303)

Teacher to see: Ms Vetch

COURSE DESCRIPTION: This course offers the Certificate in Sports Studies through MIT Polytech. The course is held at Waitakere College but students achieve an MIT and national certificate at level 3.

PREREQUISITES: SPT203 OR PED201

ELIGIBLE FOR COURSE ENDORSEMENT NO
UNIVERSITY APPROVED LIST NO

COSTS:
 Subject fees: None

Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
US22771	3	Rec/Sport	Role of a coach	Int	4			
US22768	3	Rec/Sport	Conduct / review coaching sessions	Int	6			
US7021	3	Rec/Sport	Demonstrate exercise techniques	Int	8			
AS91501	3	PE	Demonstrate quality performance of a physical activity	Int	4			
US20673	3	Rec/Sport	Sport injuries	Int	4			
Total Credits:					26			

Related careers: Health, Sport and Recreation Careers, Coaching, Fitness industry, Teaching and Officiating.

Transferable skills: Leadership, event management, coaching, positive group interaction.

Course: Physical Education 101 (PED 101)

Teacher to see: Mr Margan

COURSE DESCRIPTION: This course introduces students to biophysical principles and uses them to improve physical performance and teach safety in the outdoors. It investigates the roles of interpersonal skills in effective functioning of a group and there is a practical assessment.

PREREQUISITES: Performed well in Year 10 English, positive attitude to being physically active.

ELIGIBLE FOR COURSE ENDORSEMENT YES

COSTS:
Subject fees: None

Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
AS90962	1	PE	Participate actively in a variety of physical activities and explain factors that influence own participation.	Int	5			
AS90963	1	PE	The function of the body as relates to physical activity	Int	5	Lit		
AS90964	1	PE	Demonstrate quality movement in performance of a physical activity	Int	3			
AS90966	1	PE	Interpersonal skills in a group and impact on others	Int	4	Lit		
AS90968	1	PE	Responsible behaviour for safety in the outdoors	Int	3	Lit		
Total Credits:					20			

Related careers: Physiotherapy, Sport Management, Coaching, Adventure Tourism, Health related careers, Fitness Industry, Training.

Transferable skills: Understand the workings of the human body, ways to improve physical performance. Problem solving skills.

Course: Physical Education 201 (PED 201)

Teacher to see: Mr Margan

COURSE DESCRIPTION: This course investigates the use of biophysical principles and their role in the learning of physical skills. The course also investigates risk management in the outdoors and the application of social responsibility during physical activity. There is also a practical assessment.

PREREQUISITES: 14 Credits in PED101 or at the discretion of the Head of Department.

ELIGIBLE FOR COURSE ENDORSEMENT YES

COSTS:
Subject fees: None
Other costs: Camp cost of approximately \$150

Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
AS91328	2	PE	Understanding of how and why biophysical principles relate to the learning of physical skills	Int	5	Lit		S, C
AS91329	2	PE	Understanding of the application of biophysical principles to training for physical activity	Int	4	Lit		S, C
AS91330	2	PE	Perform a physical activity in an applied setting	Int	4			S, C
AS91333	2	PE	Analyse the application of risk management strategies to a challenging outdoor activity	Int	3	Lit		S, C
AS91334	2	PE	Demonstrate social responsibility through applying a social responsibility model in physical activity	Int	3			S, C, SC
Total Credits:					19			

Related careers: Physiotherapy, Teaching, Sport Management, Coaching, Adventure Tourism, Outdoor Education, Health related careers, Fitness Industry, Training.

Transferable skills: Understand the workings of the human body, ways to improve physical performance. Problem solving skills.

Course: Physical Education 301 (PED 301)

Teacher to see: Mr Brain

COURSE DESCRIPTION:

This course is a study of the human body and making improvements in physical performance. It looks at biomechanical issues and biophysical principles. The course also looks at societal issues around sport and sporting events and teaches students how to bring about effective change in an issue they have discovered.

ELIGIBLE FOR COURSE ENDORSEMENT YES
UNIVERSITY APPROVED LIST SUBJECT YES

PREREQUISITES: 14 credits from PED 201 or at the discretion of the Head of Department.

COSTS:
 Subject fees: None

Standard	Level	Domain	Title	Int / Ext	Cr	Level 1 Lit / Num	U.E. Literacy	Vocational Pathway
AS 91499	3	PE	Analyse a physical skill performed	Int	3	Lit		
AS 91500	3	PE	Effectiveness of a performance improvement program	Int	4	Lit/Num		
AS 91501	3	PE	Demonstrate quality performance of a physical activity	Int	4	Num		
AS 91502	3	PE	Examine a current physical activity event, trend, or issue and its impact on New Zealand Society	Int	4	Lit	R	
AS 91503	3	PE	Evaluate the use of health promotion	Int	5	Lit/Num		
Total Credits:					20			

Related careers: Physiotherapy, Teaching, Sport Management, Coaching, Adventure Tourism, Health related careers, Fitness, Training.

Transferable skills: Understand the workings of the human body, ways to improve physical performance. Problem solving skills.