

HEALTH AND PHYSICAL EDUCATION

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| Health 101 (HEA101) | | | Teacher to see: Miss McFall | | |
| Health is the study of various skills related to well-being. This course looks at how to set goals, 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 | | | | | |
| Credits | | | Standards | Cost | None |
| Internal | External | Total | Achievement Standards | Course endorsement | Yes |
| 16 | 4 | 20 | | UE approved | Not applicable |
| Future possibilities: Leads to Level 2 and Level 3 Health. | | | | | |
| Health 201 (HEA201) | | | Teacher to see: Miss Tai Tin or Miss Vetch | | |
| 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. | | | | | |
| Prerequisites: Level 1 Health preferable or HOD discretion. | | | | | |
| Credits | | | Standards | Cost | None |
| Internal | External | Total | Achievement Standards | Course endorsement | Yes |
| 15 | 4 | 19 | | UE approved | Not applicable |
| Future possibilities: This course will lead to Level 3 Health | | | | | |

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|---|-----------------|--------------|-------------------------------------|---------------------------|------|
| Health 301 (HEA301) | | | Teacher to see: Miss Tai Tin | | |
| This course looks at health issues that affect NZ society as well as internationally. There is an ongoing focus on understanding the Socio-Ecological Perspective and the influence of this on wellbeing. | | | | | |
| Prerequisites: Level 2 Health preferable or at HOD discretion | | | | | |
| Credits | | | Standards | Cost | None |
| Internal | External | Total | Achievement Standards | Course endorsement | Yes |
| 14 | 5 | 19 | | UE approved | Yes |
| Future possibilities: This course can lead to a wide range of career options in the health sector eg, social worker, nursing, health promotion, aged care worker etc. | | | | | |

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| Physical Education 101 (PED101) | | | Teacher to see: Mr Revill | | |
| Physical Education introduces students to biophysical principles. The course uses these principles to improve physical performance and teach safety in the outdoors. It investigates the roles of interpersonal skills in effective functioning of a group and includes practical assessments. | | | | | |
| Prerequisites: *NOTE: Students who take Physical Education cannot also take Sport. Endorsement from your Year 10 Physical Education teacher that you engaged enthusiastically in core Physical Education. | | | | | |
| Credits | | | Standards | Cost | None |
| Internal | External | Total | Achievement Standards | Course endorsement | Yes |
| 20 | 0 | 20 | | UE approved | Not applicable |
| Future possibilities: Make a difference on social justice issues using health promotions in Aotearoa. Or look into careers in physiotherapy, teaching, sport management, coaching, police, adventure tourism, health related careers, fitness, training. | | | | | |

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|---|-----------------|--------------|----------------------------------|---------------------------|----------------------------|
| Physical Education 201 (PED201) | | | Teacher to see: Mr Margan | | |
| 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 including A.S. 1.2 or at the discretion of the TIC of PED101. | | | | | |
| Credits | | | Standards | Cost | Donation of \$170 for Camp |
| Internal | External | Total | Achievement Standards | Course endorsement | Yes |
| 19 | 0 | 19 | | UE approved | Not applicable |
| Future possibilities: Make a difference on social justice issues using health promotions in Aotearoa. Or look into careers in physiotherapy, teaching, sport management, coaching, police, adventure tourism, health related careers, fitness, training. | | | | | |

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|--|-----------------|--------------|---------------------------------|---------------------------|------|
| Physical Education 301 (PED301) | | | Teacher to see: Mr Brain | | |
| 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 issues linked to sport and society. | | | | | |
| Prerequisites: 14+ credits in PED201 including A.S. 2.2 or at the HOD of Physical Education's discretion if you have taken a different path in Level 2. | | | | | |
| Credits | | | Standards | Cost | None |
| Internal | External | Total | Achievement Standards | Course endorsement | Yes |
| 20 | 0 | 20 | | UE approved | Yes |
| Future possibilities: Make a difference on social justice issues using health promotions in Aotearoa. Or look into careers in physiotherapy, teaching, sport management, coaching, police, adventure tourism, health related careers, fitness, training. | | | | | |

Sport 103 (SPT103)**Teacher to see:** Mr Stevens

Sport 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: Endorsement form your Year 10 Physical Education teacher that you have a positive attitude towards physical activity and exercise.
*NOTE: Students who take Sport cannot also take Physical Education.

| Credits | | | Standards | Cost | None |
|----------|----------|-------|-----------------------|--------------------|----------------|
| Internal | External | Total | Achievement Standards | Course endorsement | Yes |
| 17 | 0 | 17 | | UE approved | Not applicable |

Future possibilities: Careers in health, sport and recreation careers, coaching, fitness industry and officiating. Also skills in understanding workings of the human body, ways to improve physical performance. Positive group interaction and leadership.

Sport 203 (SPT203)**Teacher to see:** Mr Revill

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: A keen interest in Sport and Physical Education.

| Credits | | | Standards | Cost | Donation of \$170 for Camp |
|----------|----------|-------|-----------------------|--------------------|----------------------------|
| Internal | External | Total | Achievement Standards | Course endorsement | Yes |
| 19 | 0 | 19 | | UE approved | Not applicable |

Future possibilities: Careers in health, sport and recreation careers, coaching, fitness industry and officiating. Also skills in understanding workings of the human body, ways to improve physical performance. Positive group interaction and leadership.

Sport 303 (SPT303)**Teacher to see:** Miss Owen

This course offers the Certificate in Sports Studies through MIT Polytech. The course covers sport coaching, exercise technique and Injury prevention and treatment. The course is held at Waitākere College but students achieve an MIT and national certificate at Level 3.

Prerequisites: A keen interest in sport and exercise.

| Credits | | | Standards | Cost | None |
|----------|----------|-------|---------------------------------------|--------------------|------|
| Internal | External | Total | Achievement Standards, Unit Standards | Course endorsement | No |
| 26 | 0 | 26 | | UE approved | No |

Future possibilities: Prepare for careers in health, sport and recreation fields, coaching, fitness industry and officiating. In addition, develop skills in leadership, event management, coaching and positive group interaction.