

## HEALTH AND PHYSICAL EDUCATION

Health Level 2 (12 HEA A)			Teacher to see: Miss Tai Tin		
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					

Health Level 3 (13 HEA A)				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.					

Physical Education Level 2 (12 PED A)			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.					

Physical Education Level 3 (13 PED A)			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 Level 2 (12 SPT A)			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 Level 3 (13 SPT AU)				Teacher to see: Mr Stevens	
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	Unit and Achievement 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.					