



**SWINBURNE**  
SENIOR SECONDARY COLLEGE

# Health & Human Development Holiday Homework Year 12, 2019



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<b>Work required in preparation for start of 2019:</b>	Complete questions 1 - 4
<b>Textbooks and other resources:</b>	Prescribed text – Jacaranda Key Concepts in Health & Human Development 3 & 4 (5 edn.)
<b>Key Links:</b>	<a href="#">VCAA Health and Human Development page</a> - find the Study Design, past exam papers, assessment information, etc here <a href="#">Australian Institute of Health and Welfare (AIHW)</a> <a href="#">United Nations</a>
<b>Due date:</b>	Term 1 Week 2

## Course Overview

### Unit 3: Australia's health in a globalised world

Area of Study 1 – Understanding health and wellbeing <b>SAC/s – 50%</b>	Area of Study 2 – Promoting health and wellbeing <b>SAC/s – 50%</b>
<ul style="list-style-type: none"><li>• Concepts of health and wellbeing</li><li>• Benefits and importance of optimal health</li><li>• Prerequisites for health as determined by the WHO</li><li>• Health indicators</li><li>• Health status of Australians</li><li>• Burden of disease</li></ul>	<ul style="list-style-type: none"><li>• Improvements in Australia's health since 1900 and reasons for this improvement</li><li>• Australia's health system</li><li>• Role of health promotion</li><li>• Initiatives introduced to improve Indigenous health</li><li>• Initiatives to promote healthy eating</li></ul>

*\*School-assessed Coursework for Unit 3 will contribute 25 per cent to the study score*

### Unit 4: Health and human development in a global context

Area of Study 1 – Health and wellbeing in a global context <b>SAC/s – 50%</b>	Area of Study 2 – Health and the Sustainable Development Goals <b>SAC/s – 50%</b>
<ul style="list-style-type: none"><li>• Characteristics of different countries</li><li>• similarities and differences in health status</li><li>• concept and dimensions of sustainability</li><li>• concept of human development</li><li>• global trends</li></ul>	<ul style="list-style-type: none"><li>• The UN's SDGs</li><li>• Key features of SDG 3</li><li>• Priorities and work of the WHO</li><li>• Types of Aid and effective aid programs</li><li>• The role of NGOs</li><li>• Social action that promotes health</li></ul>

*\*School-assessed Coursework for Unit 4 will contribute 25 per cent to the study score*

#### **What are Units 3 and 4 HHD all about?**

As part of HHD in Units 3 and 4 you will study a range of concepts and ideas about the health and development of individuals in Australia and across the world.

**In Unit 3**, you will study the health of Australia - including population groups in Australia, major diseases, nutrition and the Australian healthcare system.

**In Unit 4**, you will study health on a global scale - including the differences between developed (rich) and developing (poor) countries, organisations that aid development and specific development programs.

#### **To be judged satisfactory for this subject you will need to:**

- Attend class regularly
- Pass all SACs
- Complete required coursework in **all outcomes**
- Engage and participate in class
- View and respond to a range of clips and articles
- Complete activities and handouts

**1. Classify each of the following examples as a physical, social, emotional, mental or spiritual dimension of health and wellbeing.**

- a. A sense of belonging to a community group
- b. Having an asthma attack
- c. Positive thought patterns
- d. Recognising the difference between embarrassment and anxiety
- e. Experiencing productive relationships with school mates
- f. Having adequate levels of energy
- g. Experiencing positive self-esteem
- h. Having effective communication with others
- i. Experiencing sadness at appropriate times
- j. Establishing and acting according to values and beliefs

**2. Brainstorm the range of factors that you feel influence your own level of health and wellbeing. Remember that health and wellbeing is not just physical.**





