



SWINBURNE
SENIOR SECONDARY COLLEGE

Health & Human Development Holiday Homework Year 12, 2020



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Work required in preparation for start of 2020:	Complete questions 1 - 4
Textbooks and other resources:	Prescribed text – Jacaranda Key Concepts in Health & Human Development 3 & 4 (6 edn.)
Key Links:	VCAA Health and Human Development page - find the Study Design, past exam papers, assessment information, etc here Australian Institute of Health and Welfare (AIHW) United Nations
Due date:	Term 1 Week 2

Course Overview

Unit 3: Australia's health in a globalised world

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

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

**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 classes 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 influence your own level of health and wellbeing. Remember that health and wellbeing is not just physical.

