

Health & Human Development

Holiday Homework

Year 12, 2023



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To do:	Complete all the questions in this booklet. (This is part of your Coursework requirement for Semester 1) These are due by the end of Week 1 of 2023
Textbooks and other resources:	Prescribed textbook: Edrolo Health & Human Development Unit 3&4 (digital/print copy) Coursework booklets: to be printed for students for each AOS
Key Links:	VCAA Health and Human Development page The HHD Study Design, past exam papers and assessment information are all located here. Useful websites: <ul style="list-style-type: none"> • Our World In Data • Australian Institute of Health and Welfare (AIHW) • United Nations

Course Overview

Unit 3: Australia's Health in a Globalised World	
AOS 1 – Understanding health and wellbeing SAC/s – 50%	AOS 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% to the study score*

Unit 4: Health and Human Development in a Global Context	
AOS 1 – Health and wellbeing in a global context SAC/s – 50%	AOS 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% to the study score*

What are Units 3 & 4 HHD all about?

As part of HHD in Units 3 & 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 differences between 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 in health between high-, middle- and low-income 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 for **all outcomes**
- Engage and participate in class
- View and respond to a range of videos and articles
- Complete activities and handouts

Holiday Homework Questions

1. **Classify each of the following examples as either a physical, social, emotional, mental or spiritual dimension of health and wellbeing.**
 - a. A sense of belonging to a local community birdwatching 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 throughout the week
 - g. Feeling calm and grounded when in a familiar place
 - h. Experiencing positive self-esteem
 - i. Having effective communication with coworkers and friends
 - j. Experiencing sadness at appropriate times
 - k. Establishing and acting according to values and beliefs

2. **Draw a mindmap, flow chart or visual representation of the range of factors that influence YOUR OWN level of health and wellbeing.** **Refer to as many relevant dimensions as you can*

Use the case study below to respond to the following questions:

Freya's story

Freya is a 26-year-old lawyer who works in a branch of a large corporation in a rural community. She has many responsibilities and generally copes with these very well. Recently, she was given a large contract to work on. The demands of the contract are substantial, and her work life has begun to dominate her free time as well as her working hours. Freya has been feeling more stressed at work. Despite this, she has felt good about herself for being trusted to work on this contract.

Freya has found that to manage the workload, she has had to cut back on her social activities and other things she enjoys, such as being a part of the local netball club and spending time with her family. Missing such interactions has made her feel disconnected and sad at times, but she has been able to manage these emotions. She has also reduced the amount of time spent at the gym and preparing healthy meals, and is regularly eating takeaway food to save time, which has caused her to gain some weight.

3. For each of the five dimensions of health and wellbeing, identify one example from Freya's story and explain its relevance and impact in her life. Use evidence from the case study to support your response.

Physical

Social

Emotional

Spiritual

Mental

4. Write a short case study (a detailed paragraph or two smaller paragraphs) on the health of a specific person - they can be someone fictional, or someone you know.

- Focus on describing the five dimensions of health - particularly their physical, mental and social health levels - which are relevant to their life.
- How do these dimensions impact their daily life?
- Do any of these dimensions have an effect on ***other*** dimensions of their health? If so, how?
- *You can use the case study above as a guide.*

5. Over the holidays, note down four different news stories you see, and the possible implications for health and wellbeing (relating to at least one of the five dimensions). Record what you see in the table below.

News TITLE and SOURCE	Briefly describe news story (<i>who, what, where, when etc</i>)	Outline impact on <u>one or more</u> dimensions of health & wellbeing

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