

# HEALTH EDUCATION

Health Education as a subject focusses on analysing influences, consequences and strategies to address areas of public concern, disease prevention and health equity for diverse local, national and international communities. This course equips students with the knowledge, problem-solving skills and attitudes needed to enhance personal health and to advocate for the equality of others. Students will develop the confidence to challenge cultural and political norms by developing health enhancing initiatives that promote security, value and connectedness. Scientific and holistic approaches are also used to guide students in learning how to make informed decisions and how to act in ways that contribute to personal and societal wellbeing.

**CAREERS:** armed services, nursing, event organiser, human resources, police, fire service, recreation officer, teacher, fitness instructor, medicine, dentistry, physiotherapist, occupational therapy, research (fitness, health & recreation), manager of community sports & recreation, professional coach, bio mechanist, sport psychology, health promotion, health worker/care assistant, social work, detective, General practitioner, osteopath, chiropractor.

## Vocational Pathways for Health Education

### Primary Industry Sector (PI)

You'll be contributing to an important and sustainable sector that's one of New Zealand's biggest employers and exporters. Whether you're from a rural background or a townie, there's something here for you.

**Types of jobs for this Vocational Pathway include:**

• Biochemist • Farm worker • Fishery Officer • Food technologist • Hunter/Trapper • Production Manager • Vet

### Service Industry Sector (SI)

With skills from this sector you can work and travel the world. It can be truly inspirational – from travel to tourism, hairdressing to hospitality, physical fitness to financial services. In these jobs you're the brand, dealing directly with people.

**Types of jobs for this Vocational Pathway include:**

• Army Soldier • Chef • Events Manager • Hairdresser • Journalist • Purchasing Officer • Sales Rep

### Social and Community Services (SC)

The range of jobs is huge, from monitoring and protecting people and property (corrections, defence, or firefighting), to caring for people in need (healthcare, community and social work, medicine or therapy). You'll be dealing with people from all ages and walks of life, and there will be times where you'll find yourself in fast-changing, challenging situations, where you may have to make quick decisions under pressure.

**Types of jobs for this Vocational Pathway include:**

• Health Services Manager • Ambulance Officer • Firefighter • Lab Technician • Midwife • Police Officer • Security Guard • Teacher

### Creative Industries (CR)

Whether you are looking to move onto further study, training or work, or you're unsure about your options, the yellow pathway will help you plan your study and career options in the Creative Industries.

**Types of jobs for this Vocational Pathway include:**

• Artist • Actor • Screen Printer • Art Director • Technical Manager • Stage/Set Designer • Creative Director

<b>Level 1 HEALTH EDUCATION</b>	
<b>Prerequisite:</b>	Entry into this course is based on TIC approval Strong literacy and numeracy skills are an advantage Motivation, problem solving and cooperation are an asset
<b>Summary of Course:</b>	A practical application supported by theory that encourages students to be proactive goal setters and strategisers within a variety of contexts. Students are expected to implement health enhancing change for themselves and their school community by advocating and developing supportive environments. Strategies of achieving well-being are developed through investigating nutritional needs, goal setting, managing mental health, and understanding sexuality issues.
<b>Fees:</b>	\$35

Assessment	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS90971			•	•	•	•	3	Take action to enhance an aspect of personal well-being (L) <i>OPTIONAL</i>
AS91097			•	•	•	•	4	Demonstrate understanding of ways in which well-being can change and strategies to support well-being (L)
AS90973			•	•	•		5	Demonstrate understanding of interpersonal skills used to enhance relationships (L)
AS90974					•		4	Demonstrate understanding of strategies for promoting positive sexuality (L)
AS90972			•	•	•	•	4	Demonstrate understanding of influences on adolescent eating patterns to make health-enhancing recommendations (L)
AS90975			•	•	•	•	4	Demonstrate understanding of issues to make health enhancing decisions in drug related situations (L)

<b>Level 2 HEALTH EDUCATION</b>	
<b>Prerequisite:</b>	Entry into this course is based on TIC approval. Strong literacy and numeracy skills are an advantage. Open mind and ability to work as a team.
<b>Summary of Course:</b>	A unique opportunity to make meaningful connections to their community by analysing and implementing societal health enhancing initiatives that promote positive well-being. Strategies to enhance well-being through the concept of social justice are developed through topics including mental health issues, gender and sexuality in the media, health promotion that enhances student equality and evaluating relevant laws and policies that minimises existing power imbalances.
<b>Fees:</b>	\$25 Health Promotion Trip

Assessment	Uni Lit	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS91236				•	•	•		5	Evaluate factors that influence people's ability to manage change
AS91237					•	•		5	Take action to enhance an aspect of well-being within the school or community
AS91239				•		•		5	Analyse issues related to gender and sexuality to develop strategies for addressing the issues
									<b>Externally assessed</b>
AS91238				•	•	•		4	Analyse an interpersonal issue(s) that places personal safety at risk

<b>Level 3 HEALTH EDUCATION</b>	
<b>Prerequisite:</b>	Entry into this course is based on TIC approval. Strong literacy and numeracy skills are an advantage. Self-motivated, research and IT skills.
<b>Summary of Course:</b>	A personal insight into the influences culture and politics have on societal attitudes and values in regards to a range of contemporary issues. Students will explore law and theoretical strategies that minimise impacts on communities. The issues examined include: exploring the effect non-communicable diseases are having in the pacific, alternative health practices and philosophy behind the treatment of mental health, analysing an ethical issue such as euthanasia, analysing a New Zealand health issue that is of public concern such as poverty and inequality.
<b>Fees:</b>	

Assessment	Uni Lit	CI	MT	PI	SI	SC	CR	Credits	Internally assessed
AS91461	R			•	•	•		5	Analyse a New Zealand Health issue
AS91463	R				•	•		5	Evaluate health practices currently used in New Zealand
AS91464	R			•	•	•		4	Analyse a contemporary ethical issue in relation to well-being
<i>University Literacy R = reading W = writing</i>									<b>Externally assessed</b>
AS91462	R,W			•	•	•		5	Analyse an international health issue