

Unit 1&2 Health & Human Development

WHY STUDY HHD?



- It's all about YOU! Learn how to be your healthiest, most purposeful self
- HHD is a very accessible first VCE subject with uncomplicated concepts and ideas
- It leads into many future pathways: see the careers 'bullseye' https://myfuture.edu.au/docs/default-source/career-bullseyes/myfuture_bullseye_health_a2.pdf?sfvrsn=a76ce0d9_6

WHAT SKILLS DO YOU NEED?

- A willingness to engage and do your best
- Reading, writing, speaking and listening
- Organisation in class and at home
- Persistence to learn new concepts and skills



UNIT 1

Health Perspectives & Influences

- + What is health and wellbeing?
- + The health of Australian youth
- + Factors that impact on youth health

Health & Nutrition

- + Nutrients, their food sources and functions
- + Consequences of nutritional imbalance
- + Sources of nutritional information
- + Factors that enable/prevent healthy eating

Youth Health & Wellbeing

- + Focus on a youth health issue
- + Issues include: weight, drugs, vaping, mental health
- + Research and presentation on a poster

UNIT 2

Developmental Transitions

- + What is development?
- + Development from conception to old age
- + Healthy and respectful relationships
- + Becoming a parent

Healthcare in Australia

- + Australia's healthcare system
- + Using health information
- + Issues around technology



Want to know more?

VCAA HHD Study Design: <https://www.vcaa.vic.edu.au/Documents/vce/healthandhumandevelopment/2018HealthHumDevSD.pdf>

Contact Mrs Rachelle Cooper: rachelle.cooper@baysidecc.vic.edu.au 59716735

Unit 3&4 Health & Human Development

WHY STUDY 3/4 HHD?

- To learn about Australians' health and compare it to world health
- To know what is being done and can be done to improve world health and wellbeing
- It leads into many future pathways: see the careers 'bullseye' https://myfuture.edu.au/docs/default-source/career-bullseyes/myfuture_bullseye_health_a2.pdf?sfvrsn=a76ce0d9_6



WHAT SKILLS DO YOU NEED?

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UNIT 3

Understanding health & wellbeing

- + What is health and wellbeing and health status?
- + The health status of Australians
- + Factors contributing to health status
- + The prerequisites for health

Promoting health & wellbeing

- + Improvements in Australia's health over time
- + The Australian healthcare system
- + Promoting health in Australia
- + Healthy eating in Australia



UNIT 4

Health & Wellbeing in a global context

- + Comparisons in health status and human development
- + Factors contributing to differences in health

Health & the Sustainable Development Goals

- + The Sustainable Development Goals
- + Promoting global health
- + Effective programs

Exam Preparation

- Study skills
- Practice questions/papers
- Analysis of past papers



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