

HEALTH & PHYSICAL EDUCATION

Miss Miller

Subject Overview

L1 Health
Physical Education

L2 Health
Physical Education
Outdoor Education

L3 Health
Physical Education

Health

1 HL101 Level 1 NCEA Health

This course involves students developing their understanding of health concepts and Hauora Well-Being. Students will manage change, engage in the process of responsible decision-making, and learn to enhance relationships by using effective communication skills. Students will reflect and take action to enhance personal well-being through the use of effective goal setting.

Course Components

- Goal Setting
- Managing Change
- Sexuality
- Nutritional Drugs and Alcohol Well-Being
- Interpersonal Skills



16

INTERNAL CREDITS



4

EXTERNAL CREDITS



OPEN ENTRY

2 HL201 Level 2 NCEA Health

This course involves topics that are similar to those in the Level 1 course, but students develop an understanding of factors that influence the health of individuals, groups and society. Students begin to analyse health issues that impact on New Zealand society as well as develop strategies to promote health and well-being within our local community.

Course Components

- Managing Change
- Analyse an adolescent health issue
- Take action to enhance well-being
- Exploring personal safety
- Analysis of issues related to sexuality and gender



15

INTERNAL CREDITS



5

EXTERNAL CREDITS



OPEN ENTRY

3 HL301 Level 3 NCEA Health

SCHOLARSHIP



This course involves investigating current health issues that impact on New Zealand society. A contemporary international health issue will also be analysed. A range of health conditions and health practices currently used in New Zealand and ethical health issues in relation to well-being are explored.

Course Components

- Analyse a New Zealand health issue
- Analyse an international health issue
- Evaluate health practices currently used in New Zealand
- Analyse an ethical issue in relation to well-being
- Health promotion



15

INTERNAL CREDITS



5

EXTERNAL CREDITS



OPEN ENTRY

Physical Education

1

PE101

Level 1 NCEA Physical Education

This course involves the opportunity to explore and demonstrate movement in a variety of physical activities. Students will look closely at how the body functions as it relates to performance of physical activity. This course is a balance of theory and practical.

Course Components

- Participation in a variety of activities
- Structure and function of the human body
- Sporting achievement
- Exploring personal fitness
- Interpersonal skills associated with team sports



19

INTERNAL CREDITS



NIL

EXTERNAL CREDITS



OPEN ENTRY

2

PE201

Level 2 NCEA Physical Education

This course is a balance of practical and theory, covering many aspects of physical activity. Students will have the opportunity to explore their own level of fitness, and work towards improving it using theoretical knowledge. Research on how athletes improve their skill level will be conducted with the aim of students using skill learning techniques to raise their own performance when in a competitive environment. There will also be a component of sport and skill coaching.

Course Components

- Functional Anatomy
- Exercise Physiology
- Motor Skill Learning
- Biomechanics
- Health related Fitness
- Leadership
- Practical modules of sports and coaching



19

INTERNAL CREDITS



NIL

EXTERNAL CREDITS



OPEN ENTRY

3

PE301

Level 3 NCEA Physical Education

SCHOLARSHIP



This course involves a large portion of theory work. There are also some practical achievement standards. There is a unit based on Biomechanical Analysis of a Golf Drive, completing a training programme for an event and being a leader in sport or physical activity through coaching or event management. Students are expected to complete a large proportion of work outside of class time.

Course Components

- Evaluate exercise programmes
- Appraise skill performance
- Develop a sport to the national standard
- Analyse risk in physical activities
- Examine successful strategies used to promote positive outcomes in physical activity



18

INTERNAL CREDITS



NIL

EXTERNAL CREDITS



OPEN ENTRY