



Course Information

Health and Physical Education

Health Studies | HEA







G2HEA

Unit 2 Factors which influence health

This unit focuses on personal health and introduces the many factors which influence health. The notion of prevention is central to this unit, and students explore actions, skills and strategies to cope with health influences and improve health. In addition to health determinants, the influence of cognitive dissonance on decision making and the role of communities in shaping norms and expectations are explored.

Self-management and cooperative skills are examined and students will continue to develop and apply health inquiry skills.

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|  Prerequisites Nil |  Type of Assessment 20% Inquiry 50% Project 30% Response |
|  Year of Study Year 11 |  Costs \$25 |