

COURSE DESCRIPTIONS FOR PDHPE STAGE 6

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Board Developed courses

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- [Personal Development, Health and Physical Education](#)

Board Developed Life Skills courses

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Content Endorsed Courses

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- [Sport, Lifestyle and Recreation](#)

BOARD DEVELOPED COURSES

Community and Family Studies

[View course](#)

Board Developed Course

Course number(s):

- 11060 Community and Family Studies (2 units – Preliminary)
- 15060 Community and Family Studies (2 units – HSC)

Prerequisites: Nil

Eligibility: Nil

Study via self-tuition: No

Exclusions:

- 16697 Community and Family Studies Life Skills (2 units – Preliminary)
- 16697 Community and Family Studies Life Skills (2 units – HSC)

Course description

Community and Family Studies Stage 6 syllabus is designed to develop in each student an understanding of the diverse nature and interdependence of families and communities within Australian society. The course enables students to plan and manage resources effectively in order to address contemporary issues facing families and communities.

What students learn

Through the study of the Community and Family Studies course, students learn to develop:

- knowledge and understanding about resource management and its role in ensuring individual, group, family and community wellbeing
- knowledge and understanding about the contribution positive relationships make to individual, group, family and community wellbeing
- knowledge and understanding about the influence of a range of societal factors on individuals and the nature of groups, families and communities
- knowledge and understanding about research methodology and skills in researching, analysing and communicating
- skills in the application of management processes to meet the needs of individuals, groups, families and communities
- skills in critical thinking and the ability to take responsible action to promote wellbeing
- an appreciation of the diversity and interdependence of individuals, groups, families and communities.

Preliminary course

- **Resource Management (20%):** Basic concepts of the resource-management process
- **Individuals and Groups (40%):** The individual's roles, relationships and tasks within and between groups

- **Families and Communities (40%):** Family structures and functions, and the interaction between family and community

HSC course

- **Research Methodology (25%):** Research methodology and skills culminating in the production of an Independent Research Project
- **Groups in Context (25%):** The characteristics and needs of specific community groups
- **Parenting and Caring (25%):** Issues facing individuals and groups who adopt roles of parenting and caring in contemporary society

HSC modules

Select ONE of the following:

- **Family and Societal Interactions (25%):** Government and community structures that support and protect family members throughout their lifespan
- **Social Impact of Technology (25%):** The impact of evolving technologies on individuals and lifestyle
- **Individuals and Work (25%):** Contemporary issues confronting individuals as they manage roles within both their family and work environments

Course requirements

The Preliminary course consists of three mandatory modules and the indicative course time allocated to their study.

The HSC course consists of three mandatory modules representing 75 per cent of course time. An options component representing 25 per cent of course time includes three modules of which students are to study only one.

Students are required to complete an Independent Research Project (IRP) in the context of the HSC core module – Research Methodology – and forms part of the HSC internal assessment. The focus of the IRP should be related to the course content of one or more of the following areas: individuals, groups, families, communities, resource management.

RoSA and HSC

- [Record of School Achievement \(RoSA\)](#)
- [Higher School Certificate \(HSC\)](#)

Personal Development, Health and Physical Education

[View course](#)

Board Developed Course

Course number(s):

- 11300 Personal Development, Health and Physical Education (2 units – Preliminary)
- 15320 Personal Development, Health and Physical Education (2 units – HSC)

Prerequisites: Nil

Eligibility rules: Nil

Study via self-tuition: Yes

Exclusions:

- 16620 Personal Development, Health and Physical Education Life Skills (2 units – Preliminary)
- 16620 Personal Development, Health and Physical Education Life Skills (2 units – HSC)

Course description

The Preliminary course examines a range of areas that underpin health and physical activity. This includes how people think about health and physical activity, the management of personal health and the basis for how the body moves. Students have the opportunity to select from a range of practical options in areas such as first aid, outdoor recreation, composing and performing, and fitness choices.

In the HSC course, students focus on major issues related to Australia's health status. They also look at factors that affect physical performance. They undertake optional study from a range of choices. This includes investigating the health of young people or of groups experiencing health inequities. In other options, students focus on improved performance and safe participation by learning about advanced approaches to training or sports medicine concepts. There is also an opportunity to think critically about the factors that impact on sport and physical activity in Australian society.

What students learn

Through the study of the PDHPE course, students learn to develop:

- values and attitudes that promote healthy and active lifestyles and communities
- knowledge and understanding of the factors that affect health
- capacity to exercise influence over personal and community health outcomes
- knowledge and understanding about the way the body moves
- an ability to take action to improve participation and performance in physical activity
- an ability to apply the skills of critical thinking, research and analysis.

Preliminary course

Core topics (60%)

- Better Health for Individuals (30%)

- The Body in Motion (30%)

Options component (40%)

Students select TWO of the following options:

- First Aid (20%)

- Composition and Performance (20%)

- Fitness Choices (20%)

- Outdoor Recreation (20%)

HSC course

Core topics (60%)

- Health Priorities in Australia (30%)

- Factors Affecting Performance (30%)

Options component (40%)

Students select TWO of the following options:

- The Health of Young People (20%)

- Sport and Physical Activity in Australian Society (20%)

- Sports Medicine (20%)

- Improving Performance (20%)

- Equity and Health (20%)

Course requirements

The Preliminary course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes four options of which students are to study two.

The HSC course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes five options of which students are to study two.

RoSA and HSC

- [Record of School Achievement \(RoSA\)](#)

- [Higher School Certificate \(HSC\)](#)

BOARD DEVELOPED LIFE SKILLS COURSES

Community and Family Studies Life Skills

[View course](#)

Board Developed Course

Course number(s):

- 16697 Community and Family Studies Life Skills (2 units – Preliminary)

- 16697 Community and Family Studies Life Skills (2 units – HSC)

Prerequisites: A student studying any Stage 6 Life Skills course will usually have completed one or more courses based on Life Skills outcomes and content in Years 7–10, except under [special circumstances](#).

Eligibility: [Life Skills Eligibility](#)

Study via self-tuition: No

Exclusions:

- 11060 Community and Family Studies (2 units – Preliminary)

- 15060 Community and Family Studies (2 units – HSC)

Course description

The Community and Family Studies Life Skills Stage 6 course provides opportunities for students to explore the nature of wellbeing and develop an understanding of how individuals can support their own and others' wellbeing. Students learn about the role of individuals and groups within society and how the interactions between individuals and groups can affect wellbeing. Students develop skills and values to contribute effectively to groups, including families and communities.

Students learn about groups in various contexts, including the school community, workplace and wider community, and develop an awareness of how their participation in groups may change over time.

What students learn

The structure of the Community and Family Studies Life Skills Stage 6 course allows teachers to provide a broad and balanced program that reflects the needs of individual students

within the context of the collaborative curriculum planning process. Students may study outcomes and content selected from one or more of the following modules:

- Wellbeing of individuals
- Families
- Participating in groups
- Specific groups in society
- Transition to adulthood
- Participating in work and community environments.

Teachers design a program based on the selected outcomes and appropriate to the students' priorities, needs and interests.

Course requirements

On entering students for the Community and Family Studies Life Skills Stage 6 course, the principal is certifying that the student is eligible and the decision is the result of the [collaborative curriculum planning](#) process.

Students are expected to address or achieve one or more of the Community and Family Studies Life Skills Stage 6 outcomes. They need not address or complete all of the content to demonstrate achievement of an outcome.

RoSA and HSC

- [Record of School Achievement \(RoSA\)](#)
- [Higher School Certificate \(HSC\)](#)
- [Life Skills credentials](#)

Personal Development, Health and Physical Education Life Skills

[View course](#)

Board Developed Course

Course number(s):

- 16620 Personal Development, Health and Physical Education Life Skills (2 units – Preliminary)
- 16620 Personal Development, Health and Physical Education Life Skills (2 units – HSC)

Eligibility: [Life Skills Eligibility](#)

Study via self-tuition: No

Exclusions:

- 11300 Personal Development, Health and Physical Education (2 units – Preliminary)
- 15320 Personal Development, Health and Physical Education (2 units – HSC)

Course description

The Personal Development, Health and Physical Education (PDHPE) Life Skills Stage 6 course focuses on the development of the values and attitudes, knowledge, understanding and skills that will enable students to lead safe, healthy, active and productive lives.

The course emphasises effective management of a range of personal health issues that are important in daily life. Students can develop a broad understanding of the importance of health practices that enable them to lead healthy lifestyles. They have the opportunity to participate in activities that enhance their ability to engage appropriately in a variety of interpersonal relationships. Students' effective participation in post-school environments will be supported by the development of skills in safe living practices. The course helps students to engage in leisure activities that enhance their post-school life as well as providing students with experiences and information to enable them to engage in outdoor activities as a participant or spectator.

What students learn

The structure of the PDHPE Life Skills course allows teachers to provide a broad and balanced program that reflects the needs of individual students within the context of the collaborative curriculum planning process. Students may study outcomes and content from one or more of the following modules:

- Growth and Development
- Developing and Maintaining a Healthy Lifestyle
- Interpersonal Relationships
- Safe Living
- Leisure
- Outdoor Recreation.

Teachers design a program based on the selected syllabus outcomes and appropriate to the students' priorities, needs and interests.

Course requirements

On entering students for the PDHPE Life Skills Stage 6 course, the principal is certifying that the student is eligible and the decision is the result of the [collaborative curriculum planning](#) process.

Students are expected to address or achieve one or more of the PDHPE Life Skills Stage 6 outcomes. They need not address or complete all of the content to demonstrate achievement of an outcome.

RoSA and HSC

- [Record of School Achievement \(RoSA\)](#)
- [Higher School Certificate \(HSC\)](#)
- [Life Skills credentials](#)

CONTENT ENDORSED COURSES

Exploring Early Childhood

[View course](#)

Content Endorsed Course

Course number(s):

- 31009 Exploring Early Childhood (1 unit – Preliminary)
- 31010 Exploring Early Childhood (2 units – Preliminary)
- 31011 Exploring Early Childhood (1 unit – HSC)
- 31012 Exploring Early Childhood (2 units – HSC)

Prerequisites: Nil

Eligibility: Nil

Study via self-tuition: No

Exclusions: Nil

Course description

Our society is increasingly recognising that children's experiences in the early childhood years form the foundation for future growth, development and learning.

This course explores issues within an early childhood context and considers these in relation to the students themselves, their family and the community.

What students learn

Through the study of Exploring Early Childhood, students learn to develop:

- knowledge and understanding about the physical, social-emotional, behavioural, cognitive and language development of young children
- knowledge and understanding about the environmental factors that have an impact on young children's growth and development
- knowledge and understanding about the development and maintenance of positive behaviours and relationships with young children
- skills in communication and interaction, research and analysis and decision-making and evaluation
- respect for the individuality and uniqueness of young children and their families
- an appreciation of the value and importance of supportive and responsible relationships with young children.

Course requirements

The course comprises a compulsory common core and optional modules. The core comprises 45 indicative hours of study. Fourteen optional modules are included in this course.

The time allocated to each optional module is flexible within the range of 15–30 hours depending on the number of units for the course and the way in which the course is delivered.

The table below explains the requirements for the 1 unit or 2-unit course, depending on the way in which the course is delivered.

Course	Hours	Preliminary/HSC	45 hours Core	Number of Optional Modules
1 unit/1 year	60	60 hours Preliminary OR 60 hours HSC	Yes	1 x 15 hour
1 unit/2 years	120	60 hours Preliminary PLUS 60 hours HSC	Yes	3–5
2 units/1 year	120	120 hours Preliminary OR 120 hours HSC	Yes	3–6
2 units/2 years	240	120 hours Preliminary PLUS 120 hours HSC	Yes	7–13

RoSA and HSC

- [Record of School Achievement \(RoSA\)](#)
- [Higher School Certificate \(HSC\)](#)

Sport, Lifestyle and Recreation

[View course](#)

Content Endorsed Course

Course number(s):

- 35014 Sport, Lifestyle and Recreation Studies (1 unit – Preliminary)
- 35015 Sport, Lifestyle and Recreation Studies (2 units – Preliminary)
- 35016 Sport, Lifestyle and Recreation Studies (1 unit – HSC)
- 35017 Sport, Lifestyle and Recreation Studies (2 units – HSC)

Prerequisites: Nil

Eligibility: Nil

Study via self-tuition: No

Exclusions: Students studying Board Developed PDHPE must not study CEC modules which duplicate PDHPE modules.

Course description

Students learn about the importance of a healthy and active lifestyle and recognise the need to be responsible and informed decision-makers. This course enables students to further develop their understanding of and competence in a range of sport and recreational pursuits. They are encouraged to establish a lifelong commitment to being physically active and to achieving movement potential.

What students learn

Through the study of Sport, Lifestyle and Recreations course, students learn to develop:

- knowledge and understanding of the factors that influence health and participation in physical activity
- knowledge and understanding of the principles that affect quality of performance
- an ability to analyse and implement strategies to promote health, physical activity and enhanced performance
- a capacity to influence the participation and performance of self and others
- a lifelong commitment to an active, healthy lifestyle and the achievement of movement potential.

The course provides the opportunity to specialise in areas of expertise or interest through optional modules (ranging from 20–40 hours in duration) such as:

- Aquatics
- Athletics
- Dance
- First Aid and Sports Injuries
- Fitness
- Games and Sports Applications
- Gymnastics
- Healthy Lifestyle
- Individual Games and Sports Applications
- Outdoor Recreation
- Resistance Training
- Social Perspectives of Games and Sport
- Sports Administration
- Sports Coaching and Training

Course requirements

The Sport, Lifestyle and Recreation Studies course comprises 15 optional modules. There is no prescribed core component.

The time allocated to each optional module is flexible within the range of 20–40 hours depending on the number of units for the course and the way in which the course is delivered.

Students of Stage 6 Personal Development Health and Physical Education may also study Sport, Lifestyle and Recreation. Teachers should ensure, however, that the modules selected do not duplicate PDHPE modules.

The table below explains the requirements for the 1 unit or 2-unit course, depending on the way in which the course is delivered.

Units and years of study	Hours	Preliminary/HSC	Number of modules
1 unit/1 year	60	60 hours Preliminary OR 60 hours HSC	2–3
1 unit/2 years	120	60 hours Preliminary PLUS 60 hours HSC	3–6

2 units/1 year	120	120 hours Preliminary OR 120 hours HSC	3–6
2 units/2 years	240	120 hours Preliminary PLUS 120 hours HSC	6–12

RoSA and HSC

- [Record of School Achievement \(RoSA\)](#)
- [Higher School Certificate \(HSC\)](#)