



Course Outline (Higher Education)

School:	School of Education
Course Title:	HEALTH AND LIFESTYLE
Course ID:	EDHPE1002
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	(HEALT1101)
ASCED:	069999

Description of the Course:

This course introduces students to the concept of health, with emphasis around the health of young people. Students will consider dimensions, definitions, measures and models of health as they explore issues that impact upon the health and wellbeing of young people. Through reflection upon their own values and attitudes to health and lifestyle, students will both recognise and develop strategies useful in addressing young people's health issues.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Program Level:

Level of course in Program	AQF Level of Program					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Understand the dimensions of health and how they apply to young people.
- K2.** Describe the biological, psychological, environmental, social, and cultural factors that influence the health of young people, including impacts on their learning.
- K3.** Understand different methods for measuring health status.
- K4.** Understand factors that shape and determine people's experience of health.

K5. Explore fundamental health theories and models relevant for understanding the health of young people.

Skills:

- S1.** Examine the concept of reflective practice and apply this to professional and individual development.
- S2.** Examine and reflect critically on the range of factors which influence young people's health.
- S3.** Analyse, implement, and evaluate strategies aimed at modifying the health of young people.
- S4.** Discuss personal health and lifestyle choices and relate this to development of strategies to enhance the health of young people.

Application of knowledge and skills:

- A1.** Design, implement and evaluate a health education plan in an ethical and responsible fashion to address health behaviours relevant to young people.
- A2.** Research and use different types of data and information to understand and explain the health issues impacting young people.

Course Content:

Topics include:

- An introduction to theories and models of health.
- Major health issues for young people in Australia.
- Factors influencing health, including biological, behavioural, political and socio-cultural factors.
- Measures of health.
- Strategies to improve the health of young people.

Values:

- V1.** Appreciate the multiple factors influencing the health of young people.
- V2.** Appreciate the impact of influencing factors on individual responsibility for health.
- V3.** Understand some of the ethical problems posed by health promotion/education

Graduate Attributes

The Federation University Federation graduate attributes (GA) are entrenched in the [Higher Education Graduate Attributes Policy](#) (LT1228). FedUni graduates develop these graduate attributes through their engagement in explicit learning and teaching and assessment tasks that are embedded in all FedUni programs. Graduate attribute attainment typically follows an incremental development process mapped through program progression. **One or more graduate attributes must be evident in the specified learning outcomes and assessment for each FedUni course, and all attributes must be directly assessed in each program**

Graduate attribute and descriptor		Development and acquisition of GAs in the course	
		Learning Outcomes (KSA)	Assessment task (AT#)
GA 1 Thinkers	Our graduates are curious, reflective and critical. Able to analyse the world in a way that generates valued insights, they are change makers seeking and creating new solutions.	K1, K2, K3, K4, K5, S1	AT1

Graduate attribute and descriptor		Development and acquisition of GAs in the course	
		Learning Outcomes (KSA)	Assessment task (AT#)
GA 2 Innovators	Our graduates have ideas and are able to realise their dreams. They think and act creatively to achieve and inspire positive change.	K1, K2, K3, K4, K5, S1, S2, S3, A1, A2, A3, A4	AT3
GA 3 Citizens	Our graduates engage in socially and culturally appropriate ways to advance individual, community and global well-being. They are socially and environmentally aware, acting ethically, equitably and compassionately.	K1, K2, K3, K4, K5	AT2
GA 4 Communicators	Our graduates create, exchange, impart and convey information, ideas, and concepts effectively. They are respectful, inclusive and empathetic towards their audience, and express thoughts, feelings and information in ways that help others to understand.	K1, K2, K3, K4, K5, S1	AT1
GA 5 Leaders	Our graduates display and promote positive behaviours, and aspire to make a difference. They act with integrity, are receptive to alternatives and foster sustainable and resilient practices.	K1, K2, K3, K4, K5, S1, S2, S3, A1, A2, A3, A4	AT3

Learning Task and Assessment:

Learning Outcomes Assessed	Learning Tasks	Assessment Type	Weighting
K1, K2, K3, K4, K5; S1, A2	Critical responses to online questions.	Written task	10-30%
K1, K2, K3, K4, K5, S2, A2	Review of material covered in both practical and online settings.	Examination	30-50%
K1, K2, K3, K4, K5; S1, S2, S3; S4, A1, A2	Design, plan, implement, and monitor a personal health behaviour change plan. Evaluate this plan and highlight transferrable learning to the health of young people.	Written task.	40-60%

Adopted Reference Style:

APA

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)