

Unit Outline (Higher Education)

Institute / School: Institute of Education, Arts & Community

Unit Title: Health and Lifestyle

Unit ID: EDHPE1002

Credit Points: 15.00

Prerequisite(s): Nil

Co-requisite(s): Nil

Exclusion(s): (HEALT1101)

ASCED: 069999

Description of the Unit:

This unit introduces students to the concept of health and wellbeing, with an emphasis on the health of young people. Students will consider dimensions, definitions, measures and models of health and explore a range of personal, sociocultural and intergenerational factors that influence the health of young people. Students will explore key health issues impacting young people and will evaluate and design strategies aimed at promoting health outcomes.

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

Work Experience:

No work experience

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment.

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input 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 personal, sociocultural and intergenerational factors that influence the health and wellbeing of young people.
- K3.** Understand different measures of health status.
- K4.** Explore factors that shape and determine perspectives of health.
- K5.** Explore fundamental health theories and models relevant for understanding the health of young people.

Skills:

- S1.** Critically reflect on personal perspectives of health and analyse how these can impact professional practice.
- S2.** Investigate the health status of young people, including key health issues and differences between population groups.
- S3.** Interpret health data from a range of sources.
- S4.** Discuss how a range of factors influence the health of young people.
- S5.** Analyse, evaluate and design evidence-based strategies aimed at promoting the health of young people.

Application of knowledge and skills:

- A1.** Analyse, evaluate and design a strategy that promotes the health of young people.
- A2.** Research and use different types of data to understand and explain health issues impacting young people.

Unit Content:

Topics include:

- Theories and models of health, including contemporary strengths-based approaches
- The health status of young people in Australia, including exploration of key health issues
- Factors influencing health, including personal, sociocultural and intergenerational factors
- Measures of health
- Strategies to promote the health of young people.

FEDTASKS

Federation University Federation recognises that students require key transferable employability skills to prepare them for their future workplace and society. FEDTASKS (**T**ransferable **A**tttributes **S**kills and **K**nowledge) provide a targeted focus on five key transferable Attributes, Skills, and Knowledge that are embedded within curriculum, developed gradually towards successful measures and interlinked with cross-discipline and Co-operative Learning opportunities. *One or more FEDTASK, transferable Attributes, Skills or Knowledge must be evident in the specified learning outcomes and assessment for each FedUni Unit, and all must be directly*

assessed in each Course.

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 1 Interpersonal	Students will demonstrate the ability to effectively communicate, inter-act and work with others both individually and in groups. Students will be required to display skills in-person and/or online in: <ul style="list-style-type: none"> Using effective verbal and non-verbal communication Listening for meaning and influencing via active listening Showing empathy for others Negotiating and demonstrating conflict resolution skills Working respectfully in cross-cultural and diverse teams. 	Not applicable	Not applicable
FEDTASK 2 Leadership	Students will demonstrate the ability to apply professional skills and behaviours in leading others. Students will be required to display skills in: <ul style="list-style-type: none"> Creating a collegial environment Showing self-awareness and the ability to self-reflect Inspiring and convincing others Making informed decisions Displaying initiative 	Not applicable	Not applicable
FEDTASK 3 Critical Thinking and Creativity	Students will demonstrate an ability to work in complexity and ambiguity using the imagination to create new ideas. Students will be required to display skills in: <ul style="list-style-type: none"> Reflecting critically Evaluating ideas, concepts and information Considering alternative perspectives to refine ideas Challenging conventional thinking to clarify concepts Forming creative solutions in problem solving. 	Not applicable	Not applicable
FEDTASK 4 Digital Literacy	Students will demonstrate the ability to work fluently across a range of tools, platforms and applications to achieve a range of tasks. Students will be required to display skills in: <ul style="list-style-type: none"> Finding, evaluating, managing, curating, organising and sharing digital information Collating, managing, accessing and using digital data securely Receiving and responding to messages in a range of digital media Contributing actively to digital teams and working groups Participating in and benefiting from digital learning opportunities. 	Not applicable	Not applicable
FEDTASK 5 Sustainable and Ethical Mindset	Students will demonstrate the ability to consider and assess the consequences and impact of ideas and actions in enacting ethical and sustainable decisions. Students will be required to display skills in: <ul style="list-style-type: none"> Making informed judgments that consider the impact of devising solutions in global economic environmental and societal contexts Committing to social responsibility as a professional and a citizen Evaluating ethical, socially responsible and/or sustainable challenges and generating and articulating responses Embracing lifelong, life-wide and life-deep learning to be open to diverse others Implementing required actions to foster sustainability in their professional and personal life. 	Not applicable	Not applicable

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, K4, S1, S4	Critical response to discussion prompt	Written task	20-40%
K1, K2, K3, S2, S3, S4, A2	Research a health issue and evaluate current programs.	Research Task	30-50%
K1, K2, K5, S4, S5, A1	Design and justify a strategy to promote the health of young people.	Presentation and resource	30-50%

Adopted Reference Style:

APA ()

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

Fed Cite - [referencing tool](#)