

## YEAR 11 HEALTH EDUCATION

Inquires	Mrs Jennings
Qualification	NCEA Level 1
Length of Course	Full year
Costs	Nil

### The Course

This course examines current health issues and problems faced by today's teenagers. Students who study this course will learn a variety of personal and interpersonal skills that will enhance their overall wellbeing, while also learning how to contribute towards the wellbeing of others.

Students who complete a full course can earn 20 NCEA credits (16 credits internally assessed and 4 externally assessed).

### Course Content:

1. **Wellbeing and Goal Setting:** Students will learn about the aspects of wellbeing, and implement and evaluate a goal-setting plan to enhance individual wellbeing.
2. **Interpersonal Skills:** Students will investigate the skills required to enhance interpersonal relationships, and learn how to select and apply a problem-solving model to conflict situations.
3. **Sexuality Issues:** Students will examine the factors that influence sexuality and strategies to enhance sexual health.
4. **Drug Issues:** This unit looks at the implications of drug use on individuals, others and communities. Students will learn when and how to use a decision-making model so that a health-enhancing decision is made in relation to drug use.
5. **Making Change:** This unit explores the factors that lead to changing states of health, and recognize how changing states of health impact on wellbeing.

### Health Education can lead to:

- Careers in any aspect of the Health field, including nursing, physiotherapy, dietician, health promotion, plunket nurse, doctor, optometrist, dentist, occupational therapist, dental nurse, community health worker, Family Planning worker, massage, podiatrist, radiographer, psychologist, psychotherapist, family counselor, social work, teaching, police
- Studying Health Sciences at University – many tertiary institutions now offer both undergraduate and post graduate qualifications in this area.