

Fitness and Lifestyle

Do you want to learn about the impacts of diet and exercise of individuals?

Do you want to learn more about wellbeing and how to improve this?

Students develop the skills to plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities. Students analyse behaviours and contextual factors that influence the health and wellbeing of their communities. Students analyse how participation in a physical activity influences an individual's identity, and explore the role participation in varied activities plays in shaping cultures.

This subject includes:

- Health benefits of physical activity
- Mental health and wellbeing
- Fundamental movement skills
- Rhythmic and expressive movement activities
- Interoception activities

Assessment

Practical

Theory

Subject Length

1 semester

Additional Information

N/A