



Health and Physical Education

The Health and Physical Education curriculum at Northpine Christian College provides all students with the opportunity to learn about health on a broader spectrum. Through a wide range of sports and activities students are able to learn how to make informed decisions about their own health in order to promote positive wellbeing of individuals and the community.

Curriculum Overview

The curriculum at Northpine Christian College identifies the importance of an active lifestyle and how this affects overall wellbeing through the promotion of lifelong physical activity. It aims to provide links between the physical, mental, social and spiritual development of the student and how this is able to benefit each students' wellbeing. Northpine also has a strong sporting culture, which is fostered in the HPE classes to provide students with a healthy avenue to challenge themselves in an environment where team spirit and sportsmanship are nurtured.

The Health and Physical Education Program is intertwined with the development of our sporting culture and aims to prepare students for excellence in most of the major team sports.

The Health and Physical Education Department is committed to providing experience that will allow them to:

- Develop the knowledge and skills required to make appropriate and informed decisions through healthy planning and maintenance
- Develop the acquisition of a range of movement skills, rules, concepts, strategies and tactics to support lifelong participation and enhanced performance in physical activities
- Foster life skills related to safe participation, personal safety and protective behaviors to allow positive decision making
- Encourage continued participation in a variety of physical and recreational activities by practical learning

Course focus

Years 7 – 10

Health and Physical Education classes provide students with the experiences in exploring outcomes that promote:

- Personal, social and community health
- Physical activity through a range of movement

Students also study

- A range of drugs and the impact that they have on individuals, families and the community
- Healthy eating and nutrition and its impact on well-being
- Resilience, self esteem, and coping strategies to deal with the social, emotional and physical challenges of life
- Changes of puberty and its continued impact on adolescence, including issues related to relationships and decision making.

As part of the National Curriculum, students will be able to participate in a range of physical activities including

- Fundamental motor skills
- Active play and minor games
- Challenge and adventure activities
- Games and sports
- Fitness related activities
- Rhythmic and expressive performances

By the end of Year 10 students will be able to understand the dynamic nature of health and recognize the significance of physical activity in their lives.

Years 11 and 12

Students in Years 11 and 12 are given two options to be able to choose from in the realm of Health and Physical Education.

Physical Education

The new Physical Education program in 2019 will take students on a journey that focuses on performance development in a wide range of components of fitness. Students will study a variety of topics to improve their physical performance in a range of sports. The sports that will be focused on will be basketball, badminton, athletics – throws, and duathlon. There is a focus on the application and evaluations of these skills and fitness components throughout the course of study. Topics include skill development, biomechanics, equity, sport psychology, tactical awareness, ethics & integrity, energy systems, fitness and training programs.

Certificate III in Fitness

The Certificate III course allows students to gain national recognition of skills through the registered course as a pathway into the fitness industry. Students will spend much of their time using the fully equipped Northpine Gym called the “Den” to be able to gain qualifications that will allow them to run boot camps and work towards being a personal trainer. A thorough understanding of the body’s make up is needed in order to prescribe appropriate activities for a range of exercise equipment that would be found at any fitness centre or gym.



Career Opportunities

Some career opportunities in the realm of Health and Physical Education include:

Fitness industry, sports journalism, human movement, sports training, leisure studies, sports psychology/marketing, physiotherapy and sports medicine.

Enquiries

For more information contact:

Northpine Christian College

29 Hughes Road East, Dakabin QLD 4503

Telephone: +61 7 3204 6511 Fax: +61 7 3886 1405

Email: office@northpine.qld.edu.au Website: www.northpine.qld.edu.au