

# Health & Human Development

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**Seymour**  
College

If you are interested in:  
Nursing  
Dietician/Nutrition  
Allied Health Practices  
Education  
Health Science  
Health Promotion  
International studies and Aid  
Community Health Research  
Policy Development  
Humanitarian Aid Work



Or maybe you are just keen to learn more about your own health and how we develop.

Then this subject is for you!

**VCE Health & Human Development provides students with a broad understanding of health and wellbeing.**

You learn how important health and wellbeing is for yourself, your families, communities, the nation and the world.

We explore factors that can improve or be a risk to our health.

It also improves your health literacy, so you can understand health information, know how to improve health and also evaluate different healthcare initiatives and interventions.

**You will take these skills with you when you leave school and it will help you have a healthy life.**

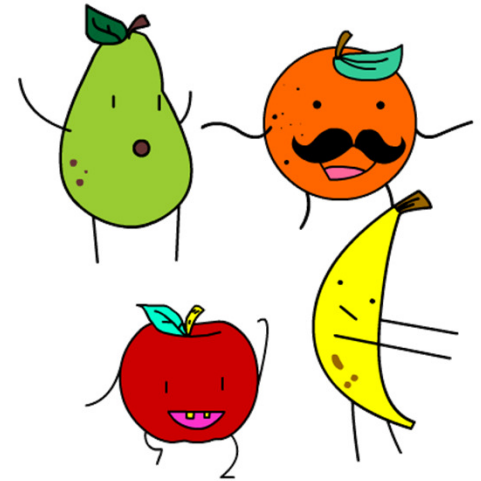
# Unit 1: Understanding health and wellbeing

# Unit 2: Managing Health and development

In Unit 1 & 2 we focus closely on an individuals health and wellbeing.

We cover topics such as:

- Different aspects of our health and wellbeing
- Development throughout the lifespan
- Nutrition
- Mental health and healthy & respectful relationships
- Australia's health care systems, such as Medicare and private health insurance.



## Unit 3: Australia's health in a globalised world

## Unit 4: Health & human development in a global context

When we get into Unit 3 & 4, we start looking at health in a broader context, so in Australia and around the world.

- What impacts health in Australia and in different countries, (eg. smoking, poverty & access to safe water etc.)
- Compare Australia's health to other countries.
- What can be done to improve health, low-income countries.
- Organisations and programs that are to improve global health such as Red Cross, Oxfam.



Students seem to enjoy this subject as it is **very relatable** and **interesting**.

It also provides opportunities to **learn hands on**, whether it's playing with children's toys, going into a primary classroom or visiting Karingal to learn about development.  
Or even eating breakfast in class to learn more about nutrition.

If you have any other questions about HHD, feel free to email or call me (Janita Trickey) at the school.

And I look forward to seeing you in HHD next year! 😊

There are no prerequisites for entry into units 1,2 or 3 of HHD.