

## 6 Course Structure

### 6.1 Overview of Course

The PDHPE Syllabus includes two 120 hour courses.

The Preliminary course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes four options of which students are to study two.

The HSC course consists of two core modules representing 60% of course time. An options component representing 40% of course time includes five options of which students are to study two.

<b>Preliminary Course</b>	<b>HSC Course</b>
<p style="text-align: center;"><b>Core Strands (60% total)</b></p> <ul style="list-style-type: none"> <li>• Better Health for Individuals (30%)</li> <li>• The Body in Motion (30%)</li> </ul>	<p style="text-align: center;"><b>Core Strands (60% total)</b></p> <ul style="list-style-type: none"> <li>• Health Priorities in Australia (30%)</li> <li>• Factors Affecting Performance (30%)</li> </ul>
<p style="text-align: center;"><b>Options (40% total)</b></p> <p>Select two of the following options:</p> <ul style="list-style-type: none"> <li>• First Aid (20%)</li> <li>• Composition and Performance (20%)</li> <li>• Fitness Choices (20%)</li> <li>• Outdoor Recreation (20%)</li> </ul>	<p style="text-align: center;"><b>Options (40% total)</b></p> <p>Select two of the following options:</p> <ul style="list-style-type: none"> <li>• The Health of Young People (20%)</li> <li>• Sport and Physical Activity in Australian Society (20%)</li> <li>• Sports Medicine (20%)</li> <li>• Improving Performance (20%)</li> <li>• Equity and Health (20%)</li> </ul>