



CHRISTIAN HERITAGE COLLEGE

HP110

HEALTH AND FITNESS

This sample unit outline is provided by CHC for prospective and current students to assist with unit selection.

Elements of this outline which may change with subsequent offerings of the unit include Content, Required Texts, Recommended Readings and details of the Assessment Tasks.

Students who are currently enrolled in this unit should obtain the outline for the relevant semester from the unit lecturer.

Unit code	HP110
Unit name	Health and Fitness
Associated higher education awards	Bachelor of Education (Primary) Bachelor of Education (Secondary) Bachelor of Arts/Bachelor of Education (Secondary)
Duration	One semester
Level	Introductory
Core/elective	Required for a major or minor in Health and Physical Education
Weighting	Unit credit points: 10 Course credit points: Bachelor of Education (Primary) 320 Bachelor of Education (Secondary) 320 Bachelor of Arts/Bachelor of Education (Secondary) 320
Delivery mode	Face-to-face on-site
Student workload	<i>Face-to-face on site</i> Contact hours 30 hours Reading, study and assignment preparation 120 hours TOTAL 150 hours Students requiring additional English language support are expected to undertake an additional one hour per week.
Prerequisites/co-requisites/restrictions	Nil
Rationale	Concerns have been expressed in various forums about Australian childhood obesity rates, which evidently have been increasing. Many children are spending long hours in sedentary pursuits, which can lead to public and personal health issues in later life. Students need to be exposed to Health and Physical Education (HPE) options to have the opportunity to know and enjoy the fun of play and the benefits of healthy behaviours. Sports of all sorts have long been a popular part of Australian life, and most schools have an active sporting program, requiring involvement by many teachers. This unit will help prepare students to appreciate the benefits of health and fitness in order to be inspired to instil HPE imperatives in secondary schools. Students will develop an understanding of the concepts of health and fitness from a Christian worldview. The unit will introduce students to basic requirements, curriculum content, teaching and learning strategies, and practical opportunities to develop their own health and fitness to influence their practices and encourage them to model these practices in teaching HPE.
Prescribed text(s)	Walters, P. & Byl, J. (2013). <i>Christian paths to health and wellness</i> . (2nd ed.). Champaign, IL: Human Kinetics. Selected readings will be available via the Moodle™ site for this unit.

<p>Recommended readings</p>	<p>Books</p> <p>Austin, J. & Hickey, A. (Eds.). (2007). <i>Education for healthy communities: possibilities through SOSE and HPE</i>. Frenchs Forest, NSW: Pearson Education Australia.</p> <p>Bushman, B. (Ed.). (2011). <i>ACSM's complete guide to fitness & health</i>. Champaign, IL: Human Kinetics.</p> <p>Callcott, D., Miller, J., & Wilson-Gahan, S. (2012). <i>Health and physical education: preparing educators for the future</i>. Melbourne, VIC: Cambridge University Press.</p> <p>Coombes, J. (2014). <i>ESSA's student manual for health, exercise and sport assessment</i>. Chatswood, NSW: Elsevier Australia.</p> <p>Glanz, K., Rimer, B. k. & Viswanath, K. (Eds.). (2008). <i>Health behavior and health education theory, research, and practice</i>. San Francisco, CA: Jossey-Bass.</p> <p>Healey, J. (Ed.). (2013). <i>Physical activity and fitness</i>. Thirroul, NSW: The Spinney Press.</p> <p>Pate, R., Oria, M. & Pilsbury, L. (Eds.). (2012). <i>Fitness measures and health outcomes in youth/ Committee on fitness measures and health outcomes in youth</i>. Washington, D.C.: National Academies Press.</p> <p>Ruskin, R. (2008). <i>Outcomes 1 preliminary course: personal development, Health & Physical Education</i>. (2nd ed.). Brisbane, QLD: Wiley.</p> <p>Williams, M. H. (2010). <i>Nutrition for health, fitness & sport</i>. Sydney, NSW: McGrawHill Higher Education.</p> <p>Journals</p> <p><i>Asia-Pacific Journal of Health, Sport and Physical Education</i></p> <p>In addition to the resources above, students should have access to a Bible, preferably a modern translation such as The Holy Bible: The New International Version 2011 (NIV) or The Holy Bible: New King James Version (NKJV).</p> <p>These and other translations may be accessed free on-line at http://www.biblegateway.com. The Bible app from LifeChurch.tv is also available free for smart phones and tablet devices.</p>
<p>Specialist resource requirements</p>	<p>All students must participate in practical sessions using appropriate 'sports' attire including sports shoes and hat, bringing their own water and sunscreen.</p>
<p>Content</p>	<ol style="list-style-type: none"> 1. Health: Wellness; eating disorders; fitness and learning 2. Personal and community health 3. Physical fitness and performance 4. Fitness – Benefits and challenges 5. Health and fitness for student diversity
<p>Learning outcomes</p>	<p>On completion of this unit, students will have provided evidence that they have:</p> <ol style="list-style-type: none"> 1. identified the knowledge and understanding necessary in health and fitness; 2. outlined and analysed key issues in health and fitness; 3. reflected on health and fitness from Christian worldview perspectives; 4. related knowledge and understanding of health and fitness to curriculum practice; 5. critiqued and applied insights gained from reviews of published research papers; and 6. communicated at an appropriate tertiary standard: with special attention to design elements, grammars, usage, logical relations, style, referencing and presentation.

Assessment tasks	<p>Task 1: Seminar</p> <p>Word length/Duration: 15 minutes</p> <p>Weighting: 40%</p> <p>Learning Outcomes: 1-6</p> <p>Assessed: Weeks 6-8</p> <p>Task 2: Personal Journal and Rationale</p> <p>Word length/Duration: 2000 words</p> <p>Weighting: 60%</p> <p>Learning Outcomes: 1-3, 5, 6</p> <p>Assessed: Week 14</p>
Unit summary	<p>Students will develop an understanding of the concepts of health and fitness from a Christian worldview. They will be introduced to basic requirements, curriculum content, teaching and learning strategies, and practical opportunities to develop their own health and fitness to influence their practices and encourage them to model these practices in teaching HPE.</p>

SAMPLE