

# VCE Health and Human Development 2025-2030

Unit 1: Understanding health and  
wellbeing



VICTORIAN CURRICULUM  
AND ASSESSMENT AUTHORITY



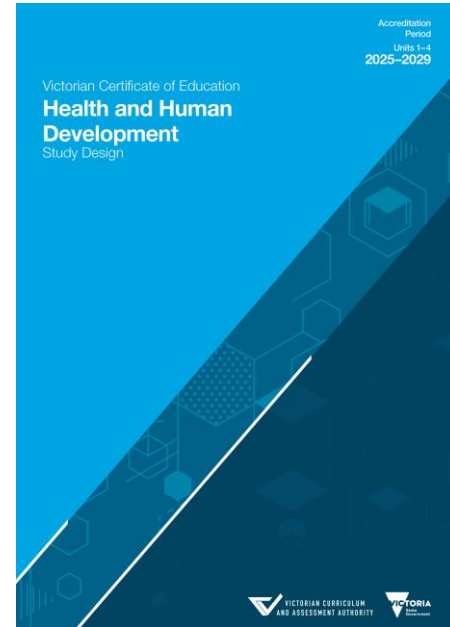
# Acknowledgement of Country

The VCAA respectfully acknowledges the Traditional Owners of Country throughout Victoria and pays respect to the ongoing living cultures of First Peoples.



# Purpose of video

- Introduce and familiarise teachers to the changes made to Unit 1



# Characteristics of the study

These are the concepts that underpin VCE Health and Human Development:

- Health and wellbeing
- Social justice
- Factors that influence health and wellbeing
- Sustainability
- Data analysis
- Aboriginal and Torres Strait Islander Peoples' knowledge, culture and perspectives on health and wellbeing
- Propositions of health
  - Strengths-based approach
  - Health literacy
  - Critical inquiry

# Unit 1

| Unit Title  | Area of Study  |
|---|--|
| <b>Unit 1:</b> Understanding health and wellbeing | <b>Area of Study 1:</b> Concepts of health<br><b>Area of Study 2:</b> Youth health and wellbeing<br><b>Area of Study 3:</b> Health and nutrition |

# Unit 1 AOS 1 Specific changes

- Title – Concepts of health
- Prerequisites of health
- Sociocultural factors – health literacy added
- Health outcomes used instead of ‘health status and health behaviours’
- Subjective nature of health and wellbeing

# Unit 1 AOS 2 Specific changes

- Youth health and wellbeing now Area of Study 2
- Equity and social justice
- Language changes to facilitate analysis
  - data such as incidence, prevalence and trends
  - Health focus
  - using research to interpret data
- Research focus areas included

# Unit 1 AOS 3 Specific changes

- Explicit nutrients – such as – carbohydrates (including fibre), fats, proteins, water, vitamin C, vitamin D, iron, calcium, sodium and folate
- Health outcomes instead of health and wellbeing
- Commercial factors



# Assessment

- a **written report** such as a media analysis, a research investigation, a blog post or a case study analysis
- an **extended response question** analysing a range of data sources with an emphasis on annotating, synthesising and planning the response
- a **visual presentation**, such as a graphic organiser, a concept/mind map, an annotated poster or a digital presentation
- an **oral presentation**, such as a debate or a podcast
- **structured questions**, including data analysis.

# Contact

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