

Personal Development Health and Physical Education Stage 6

Resource List

The following list represents a sample of resources that teachers might find useful when implementing the PDHPE Stage 6 Syllabus (1999). The list is not exhaustive and will be revised and updated regularly. Teacher suggestions of other suitable materials for possible inclusion would be welcomed.

Active and Inactive Australians: Assessing and Understanding Levels of Physical Activity, Commonwealth of Australia, 1995. ISBN 0 6422 2231 2

Based on a four year pilot survey, this is a comprehensive report on the physical activity habits of Australians. It looks at what makes individuals want to exercise and at what inhibits individuals from participating in regular physical activity. The findings of the report will be helpful in developing population-wide strategies and public policies to promote higher levels of involvement in regular physical activity. Use for Preliminary Core 2.

Australian Bureau of Statistics & Australian Institute of Health and Welfare, *The Health and Welfare of Australia's Aboriginal Torres Strait Islander Peoples*, ABS, Canberra, 1997.

This provides a detailed picture of the state of health of Aboriginal and Torres Strait Islander populations and the factors impacting on their health. Use for HSC Option 5.

Australian Bureau of Statistics & Australian Institute of Health and Welfare, *National Survey of Mental Health and Wellbeing of Adults Users' Guide*, 1997. ISBN 0 6422 5736 1

This publication reports information on the 1997 National Survey of Mental Health and Wellbeing of Adults which collected information on the prevalence of selected mental disorders in Australian adults, associated disability and use of health services. Background to HSC Core 1.

Australian Institute of Health and Welfare, *Australia's Children, Their Health and Wellbeing*, AIHW, 1998. ISBN 0 6422 4789 7

The first national report on the health status of children. Included in this report is information on important diseases and injuries, major risk factors and wider determinants of health and wellbeing. Use for HSC Option 1.

Australian Institute of Health and Welfare, *Australia's Health 1998*, AIHW, 1998. ISBN 0 6422 4767 6

Source of information on patterns of health and illness, supply and use of health services, and health service costs and performance. It reports specifically on the nation's five health priority areas: cancer control, cardiovascular health, injury prevention and control, mental health and diabetes. Note that this report is updated every two years. Use for HSC Core 1.

Australian Institute of Health and Welfare, *Health in Rural and Remote Australia*, AIHW, Canberra, 1998. ISBN 0 6422 4782

Compares the health of those living in rural and remote zones with that of those living in the metropolitan zone by analysing a wide range of national health data sources, including death registrations, hospital statistics and results from the 1995 ABS National Health Survey. Use for HSC Core 1 and HSC Option 5.

Australian Health Ministers, *Second National Mental Health Plan: National Mental Health Strategy*. ISBN 0 6423 6700 0

A joint statement by the health ministers of the Commonwealth, State and Territory Governments of Australia. Provides a clear national framework for future activity in mental health reform. Use for background to HSC Core 1 and HSC Option 5.

Australian Sports Commission, *Beginning Coaching*, 1997. ISBN 0 6422 6326 4 (workbook)
ISBN 0 6422 6327 2 (curriculum)

Looks at all aspects of coaching including the role of the coach, planning, teaching sports skills and games, group management, communication, physical conditioning, sports safety, coaching teams / children / veterans / female athletes, coaching athletes with disabilities, sports nutrition, drugs in sport, sport psychology. Use for HSC Core 2, HSC Option 3 and HSC Option 4.

Batman, P & Van Capelle, M, *Exercise Analysis Made Simple*, Fitness and Healthy Lifestyle Publications, Sydney, Australia, 1992. ISBN 0 6460 8221 3

Provides detailed information on muscles, muscle actions and types of contractions. Diagrams and information are clear and easy to understand. Suitable as a reference book for teachers. Use for Preliminary Core 3.

Children's Health Development Foundation, *The Australian Guide to Healthy Eating*, South Australia and Deakin University, Commonwealth of Australia, 1998. ISBN 0 6422 7258 1

This package includes a range of advice on healthy eating including healthy eating models and dietary guidelines.
Related internet site: <http://www.health.gov.au/pubhlth/strateg/food/guide/>
Use for Preliminary Core 2.

Commonwealth Department of Health and Family Services, *The National Health Plan for Young Australians*, 1997. ISBN 0 6422 7200 X

Addresses seven key action areas identified in The Health of Young Australians, the national health policy for children and young people. Use for HSC Option 1.

Commonwealth Department of Human Services and Health, *Better Health Outcomes for Australians: National Goals, Targets and Strategies for Better Health Outcomes Into the Next Century*, 1994. ISBN 0 6422 1325 9

Explores health goals, targets and strategies in relation to cancer, cardiovascular disease, mental health and injury prevention. Use for HSC Core 1.

Commonwealth Department of Human Services and Health, *The Health of Young Australians: A National health policy for children and young people*, 1995. ISBN 0 6444 3134 2

Looks at this target group and addresses questions such as: What is health?, Are Australians healthy? and discusses social and environmental determinants of health and health concerns according to age groups. Use for HSC Option 1.

Curriculum Support Directorate, *Fitness and Physical Activity: A Resource To Support School Communities*, NSW Department of Education and Training, 1998. ISBN 0 7313 0985 6

While the main purpose of this document is training support for the implementation of physical activity and fitness programs in schools, it also contains clear information about the physical activity needs of children, gender issues and fitness testing. The related activities could be modified for class use. Use for Preliminary Core 1, Preliminary Option 3 and HSC Option 2.

Davy, J, Parker, R & Patterson, J, *Health Moves I*, Rigby Heinemann, 1994. ISBN 0 8585 9714 4

This text covers personal health issues, personal health action, applied anatomy, fitness, movement skill, composition and performance, first aid, sports injuries, outdoor recreation and human sexuality. Use for Preliminary Core 2, Preliminary Core 3, Preliminary Option 1, Preliminary Option 2, Preliminary Option 4, HSC Option 1, HSC Option 3.

Davy, J, Parker, R & Patterson, J, *Health Moves II*, Rigby Heinemann, 1994. ISBN 0 8585 9715 2

This text covers Australia's health, movement skill, psychology of performance, exercise physiology, sociology of games and sports and biomechanics. Use for Preliminary Core 3, HSC Core 1, HSC Core 2, HSC Option 2, HSC Option 4.

Fitzgibbon, L & Ruskin, R, *Outcomes II*, Jacaranda Wiley, Milton, Qld, 1996. ISBN 0 7016 3316 6

This text covers Australia's health, movement skill, psychology of performance, exercise physiology, biomechanics and first aid. Use for Preliminary Core 3, Preliminary Option 1, HSC Core 2, HSC Option 4.

Germov, J (ed), *Second Opinion: An Introduction to Health Sociology*, Oxford University Press, Melbourne, 1998. ISBN 0 1955 1032 1

Shows how social, cultural, economic and political features of society affect illness and health. Will promote critical inquiry in answering questions such as: why is Aboriginal life expectancy significantly lower than the Australian average and what can be done about it? Excellent for developing a social view of health. Use for Preliminary Core 1, HSC Core 1, HSC Option 1, HSC Option 5.

Hamilton, M, Kellehear A & Rumbold, G, *Drug Use in Australia: A Harm Minimisation Approach*, Melbourne Oxford University Press, 1998. ISBN 0 1955 4126 X

This book could be used as a teacher reference book. It details the social and political implications of policy, prevention and treatment responses to drug use. Part 1 of the book covers pharmacological dimension of drug use; psychological theories of drug use; general theories of why people 'take drugs'; the importance of social context; and drug use by women, Aborigines and adolescents. Part 2 deals with the various ways in which a harm minimisation approach can be used in responding to drug use. This book could be useful for background information within the Australian context for the Preliminary Core 2 and the HSC Option 1.

Healey, K, *The Body Beautiful*, The Spinney Press, Balmain, 1994. ISBN 1 8756 8226 0

User friendly resource covering eating disorders, body image, breast implants and plastic surgery, stress and steroids. It uses Government reports and statistics, newspaper reports, magazine articles and surveys and includes literature from lobby groups and charitable organisations. Use for Preliminary Core 2 and HSC Option 1.

Healey, K, *The Drug Debate*, The Spinney Press, Balmain, 1995. ISBN 1 8756 8249 X

Relevant material covering drug trafficking, effects and costs of drug dependence, young people and drugs, prohibition or decriminalisation? Uses Government reports and statistics, newspaper reports, magazine articles and surveys. Includes literature from lobby groups and charitable organisations. Use for HSC Option 1.

Healey, K, *A Sporting Chance?* The Spinney Press, Balmain, 1995. ISBN 1 8756 8242 2

Explores issues related to drug use in sport and violence in sport using Government reports and statistics, newspaper reports, magazine articles and surveys. Includes literature from lobby groups and charitable organisations. Use for HSC Option 3.

Kirk, D, Burgess-Limerick, R, Kiss, M, Lahey, J & Penney, D, *Senior Physical Education: An Integrated Approach*, Human Kinetics, 1999. ISBN 0 8801 1788 5

Written specifically for the Queensland senior physical education syllabus. Covers biomechanics, exercise physiology, skill acquisition and sociocultural dimensions of physical activity. Use for Preliminary Core 3, HSC Core 2, HSC Option 2.

Mosel-Williams, L, *Health, Life and Living Book I*, Heinemann, 1999.

Written specifically for the Queensland senior health education syllabus Year 11 course. Provides a good chapter on the social view of health. Also covers personal health and peer and family health.

Mosel-Williams, L, *Health, Life and Living Book II*, Heinemann, 1999. ISBN 0 8646 2411 5

Written specifically for the Queensland senior health education syllabus Year 12 course. Covers community and environmental health and health of specific populations.

National Health and Medical Research Council, *Dietary Guidelines for Children and Adolescents*, Commonwealth of Australia, 1996. ISBN 0 6443 2136 5

Discusses how the adult guidelines apply to children and adolescents from birth to 18 years of age. The focus of the guidelines is the development of healthy eating pathways. Read in conjunction with the 'Dietary guidelines for Australians'. Presents textual information, graphics and tables. Use for Preliminary Core 2.

NSW Government, *Focus on Young People*, 1998. ISBN 0 7313 1591 X

Includes sections on education, skills and employment, health, wellbeing and safety, community space and facilities. Use for HSC Option 1.

O'Connor, M L & Parker, E, *Health Promotion: Principles and Practice in the Australian Context*, Allen & Unwin, 1995. ISBN 1 8637 3897 5

This book provides a review of health promotion principles, how these principles fit into the broader public health context, and how they can be integrated into practice in a range of settings including the workplace, schools, rural communities, Aboriginal and Torres Strait Islander communities and health care organisations. Could be useful for Preliminary Core 2, HSC Core 1, HSC Option 5.

Websites

Australian Bureau of Statistics <http://www.statistics.gov.au/>

The site provides comprehensive statistics and reports on Australian health issues including mortality and morbidity in the priority areas of CVD, cancer, diabetes, mental health and injury. Other relevant topics include physical activity patterns, the health system and health profiles of particular populations. Use for Preliminary Core 2, Preliminary Option 3, HSC Core 1, HSC Option 1, HSC Option 5.

Australian Department of Health and Aged Care <http://www.health.gov.au/hfs/>

The HFS publications component of this website provides information about Commonwealth health promotion strategies and policies. It takes into account health care facilities and services in Australia. This is a site with relevant and current data and easy-to-follow links. It is suitable for students and teachers. Use for HSC Core 1.

Australian Drug Foundation (ADF) <http://www.adf.org.au/>

This site reports comprehensively on the nature and prevalence of drug use. It examines current trends, the effects of drug use on individuals and the community, and looks at alternatives to drug use. Use for Preliminary Core 2.

Australian Institute of Health and Welfare (AIHW) <http://www.aihw.gov.au/>

This is a comprehensive collection of current reports and statistical information on the priority areas of Australian Health. It discusses health promotion strategies for improving health standards. Use for HSC Core 1.

Australian Sports Commission <http://www.ausport.gov.au/>

Areas such as Topics in Sport and Nutrition in Sport contain detailed information on topics including biomechanics, anatomy and exercise physiology. The site has links to a wealth of sources with information on sports injuries, including their classification, prevalence, prevention and management. Includes information on nutrition and performance. Other topic areas give coverage of sport and national identity and gender issues in sport. This site is suitable for students and teachers. Use for Preliminary Core 3, HSC Core 2, HSC Option 2, HSC Option 3.

Coaching Science Abstracts <http://www.rohan.sdsu.edu/dept/coachsci/intro.html>

Published by San Diego State University and suitable for both teachers and students. Provides comprehensive abstracts and journal articles on the science of coaching including principles of training, improving performance during competition and coaching considerations for various sports and people. Essentially a series of journal articles. Use for HSC Option 4.

Fitness Matters <http://www.lifematters.com/fitness.html>

Published by World Works Unlimited and useful for both students and teachers. Examines the variety of fitness activities available to a wide range of people. It also investigates a variety of forms of exercise (individual and group) and their benefits. It looks at factors influencing participation in exercise and the benefits of participation. The site is predominantly text with many links to other useful sites. Use for Preliminary Option 3.

Health Promotion On The Internet <http://www.monash.edu.au/health/>

A comprehensive site, published by Monash University, focusing on the Health Promotion model/framework and public health model. It addresses questions such as: What is health promotion? How do you develop a health promotion project? Samples of health promotion initiatives in Australia are included. This site provides many hyperlinks to articles and reports and is suitable for both teachers and students. Use for HSC Core 1.

Human Kinetics <http://www.hkusa.com/>

This website has extensive information on movement and performance issues such as human kinetics and biomechanical principles for fundamental movement. It also provides useful sports advice including preparation requirements for the prevention of sports injuries. It is journal information suited to teachers. Contains text and links to other sites. Use for Preliminary Core 3, HSC Option 3.

National Aboriginal and Torres Strait Islander Health Clearinghouse
<http://www.cowan.edu.au/chs/nh/clearinghouse/>

Provides quality information, abstracts, reports and articles on Indigenous health: recent statistics, epidemiology, factors influencing and health promotion initiatives. The site encourages the dissemination of information, and includes excellent resources, databases, media releases and reports. It is published by Edith Cowan University and is useful for students and teachers. Use for HSC Option 5.

Jakarta Declaration <http://www.who.int/dsa/cat95/zjak.htm>

Contains the full text of *The Jakarta Declaration on Health Promotion into the 21st Century*, World Health Organisation 1997. Use for HSC Core 1, HSC Option 5.

NSW Health <http://www.health.nsw.gov.au/>

Useful site for identifying the health priorities in NSW. These are a good indicators of Australia's health priorities. Also shows how NSW Health has applied the five action areas of the Ottawa Charter to its priority areas and how it has developed its health policy. It provides statistical and research data on the health of people in NSW. A very useful site for students and has great links to other sites. Use for HSC Core 1.

NSW Health: Health For Young People <http://www.health.nsw.gov.au/youth/>

Provides publications and information on health issues for young people in Australia, including sections on mental health, substance abuse, sexuality, body image and risk-taking behaviour. Useful for student research with many hyperlinks to useful documents. Also provides a link to another valuable site called Youth NSW. [Http://www.youth.nsw.gov.au/](http://www.youth.nsw.gov.au/)
Use for HSC Option 1.

NSW HSC Online <http://www.hsc.csu.edu.au/pdhpe>

Published by Charles Sturt University. Provides tutorials, exam techniques and questions and resources on emerging community health issues, as well as health care in Australia, health promotion and initiatives and the health status of Australians. Also provides information on performance appraisal, basic exercise physiology, factors affecting performance, learning curves and skill acquisition. An excellent site with student centred activities. Use for HSC Core 1, HSC Core 2.

Ottawa Charter <http://www.who.dk/policy/ottawa.htm>

Includes the full text of the *Ottawa Charter: 1st International Conference on Health Promotion (Ottawa, Canada, Nov 1986)*, World Health Organisation 1986. Use for Preliminary Core 1, Preliminary Core 2, HSC Core 1, HSC Option 1, HSC Option 5

Outdoor Action Guide <http://www.princeton.edu/-oa/safety/hypocold.html>

Information in this site is limited specifically to addressing survival skills in outdoor education, namely thermoregulation. It provides factual information and prevention and management strategies around risk situations. Published by Princeton University, the audience for this site is both students and teachers. An American source consisting mainly of text. Use for Preliminary Option 4.

Physical Activity In Your Daily Life <http://www.amhrt.org/catalog/health-catpage9.html>

Published by the American Heart Association and suitable for students, this site has general information on the benefits of exercise, attitudes to physical activity and fitness, ways people choose to exercise, physical activity needs and guidelines for all groups of people. A clear site with many hyperlinks. Use for Preliminary Option 3.

Professor Geoff Skurray: Food, Nutrition & Health <http://hawkesbury.uws.edu.au/~skurray/>

Provides information and databases on dietary guidelines for children and adolescents. Discusses the relationship between diet, physical activity and weight. Also provides various links to information about factors affecting eating patterns. This clear, concise site is essentially geared toward tertiary students and will be of interest to teachers. Use for Preliminary Core 2.

St John Ambulance Australia <http://www.stjohn.org.au/>

An informative and user friendly site suitable for students. Clear hyperlinks make it easy to follow. Provides quality information with good summaries of injury assessment and management of first aid patients. Discusses major first aid injuries and conditions in detail. Use for Preliminary Option 1.

Studentnet studentnet@aisnsw.edu.au

Lists many relevant website addresses.