**2025 → 2026 Transition Booklet**

**Units 1&2 VCE Health and Human Development**

***What will I study in this subject?***

Unit 1: Understanding health and wellbeing

This unit delves into health and wellbeing as a concept and explores varied and evolving perspectives and definitions, including those of youth and Aboriginal and Torres Strait Islander Peoples. Students investigate the World Health Organization (WHO) prerequisites for health as well as factors that influence health attitudes, beliefs and practices. Students explore the indicators used to measure and evaluate health status and they build their health literacy by interpreting and using data in a research investigation into one youth health focus area. Finally, they spend time exploring food and nutrition as foundations for good health.

Unit 2: Managing health and development

This unit explores the human lifespan, including transitions from youth into adulthood. There is a focus on aspects of healthy and respectful relationships and considerations in becoming a parent, including the impact parents have on the optimal development of children. Students also investigate the health system in Australia, including Medicare and the PBS, from the perspective of youth and their rights and responsibilities. They inquire into factors affecting youth’s access to health services and information. Students also research the range of health services in their communities and suggest ways of improving the health literacy and health outcomes of youth.

***How will I be assessed?***

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| **Unit 1 Assessment** | **Marks allocated** | **Percent contribution to Unit 1** |
| **Outcome 1 SAC** | 30 | 30% |
| **Outcome 2 SAC** | 30 | 30% |
| **Outcome 3 SAC** | 40 | 40% |

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| **Unit 2 Assessment** | **Marks allocated** | **Percent contribution to Unit 2** |
| **Outcome 1 SAC** | 30 | 30% |
| **Outcome 2 SAC** | 30 | 30% |
| **Unit 1/2 Exam** | 100 | 40% |

***How do I ensure I achieve an 'S' for this subject?***

You must achieve an 'S' in each of the outcomes to pass this subject. In order to do this, you need to ensure the following:

- You complete all Assessments/SACs.

- You maintain high levels of class attendance.

- You complete set coursework such as set textbook questions and homework.

***What is our holiday homework?***

Over the holidays you must complete the following:

- All sections of this booklet.

- The assigned textbook questions.

- Notes on the first key knowledge point - 1.1.1.

*Unit 1 AoS 1 Key Knowledge and Key Skills Checklist*

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| **Key Knowledge** | ***🗸*** | **Key Skills** | ***🗸*** |
| * 1.1.1:   Various definitions of health and wellbeing: physical, social, emotional, mental and spiritual dimensions |  | * Describe and analyse various perspectives, definitions and interpretations of health and wellbeing * Explain different dimensions of health and wellbeing |  |
| * 1.1.2:   Prerequisites for health, as determined by the WHO: peace, shelter, education, food, income, social justice, equity, stable ecosystem and sustainable resources |  | * Discuss how access to prerequisites for health can promote positive health outcomes |  |
| * 1.1.3:   Youth and Aboriginal and Torres Strait Islander perspectives on health and wellbeing |  | * Describe the subjective nature of health and wellbeing * Discuss various perspectives on health and wellbeing, including those of youth and Aboriginal and Torres Strait Islander Peoples |  |
| * 1.1.4:   Indicators used to measure health status, such as incidence and prevalence of health conditions, morbidity, rates of hospitalisation, burden of disease, mortality, life expectancy, core activity limitation, psychological distress and self-assessed health status |  | * Draw conclusions from health data about the health status of youth in Australia |  |
| * 1.1.5:   The health status of Australia’s youth |  |
| * 1.1.6:   Sociocultural factors that contribute to variations in health outcomes for youth, such as peer group, family, education, income and health literacy |  | * Explain and analyse a range of sociocultural factors that contribute to variations in the health outcomes of Australia’s youth |  |

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| **Key knowledge point - 1.1.1:**   * Various definitions of health and wellbeing: physical, social, emotional, mental and spiritual dimensions |

**Knowledge Quest Activity**

Health and wellbeing is a core concept in the VCE Health and Human Development course.

Before we explore the way in which we will focus on what health and wellbeing means for this course, your task is to explore various ways in which health and/or wellbeing (and the dimensions that make it up) can be defined.

There are a range of different organisations and groups that all define health and wellbeing somewhat differently. You are to complete the following tasks.

1. Write your own definition for what you think health and/or wellbeing means.

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2. Complete the table below with four different examples of what health and/or wellbeing means based on your own online research (the first row has been done as an example for you):

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| **Organisation/**  **group responsible for the definition** | **Health and/or wellbeing definition from this organisation/group** | **Link/reference to where you located this information** |
| Better Health Channel | Wellbeing is not just the absence of disease or illness. It’s a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life. | https://www.betterhealth.vic.gov.au/health/healthyliving/wellbeing#about-wellbeing |
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3. Looking at the four different definitions of health and/or wellbeing in the table above, outline the main similarities and differences in the definitions.

Similarities:

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Differences:

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4. Which of the definitions of health and/or wellbeing you found online do you think best represents this concept? Explain your choice.

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5. Based on the information you found online, come up with your own 'best' definition of health and wellbeing by combining what you consider are the best parts of different definitions.

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VCE Health and Human Development also includes five dimensions of health and wellbeing, which are:

* Physical health and wellbeing
* Social health and wellbeing
* Mental health and wellbeing
* Emotional health and wellbeing
* Spiritual health and wellbeing.

6. Complete the table below by researching two examples of how each dimension of health and/or wellbeing is characterised by different organisations/groups (one example for mental health has been given for you).

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| **Dimension** | **Example 1** | **Example 2** |
| Physical health and/or wellbeing |  |  |
| Social health and/or wellbeing |  |  |
| Mental health and/or wellbeing | Mental health relates to the cognitive, social and emotional wellbeing of individuals, and their families, carers and supporters.  *Better Health Channel* |  |
| Emotional health and/or wellbeing |  |  |
| Spiritual health and/or wellbeing |  |  |

7. Looking at the examples of characteristics of the five dimensions of health and/or wellbeing in the table above, come up with your own description/set of characteristics that you think is relevant to each dimension.

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Social:

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Mental:

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Emotional:

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Spiritual:

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**The information to complete the gaps in the following section are found in the corresponding PowerPoint slides.**

**What is health and wellbeing?**

There is not one \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ accepted definition for health and wellbeing, and over time there has been much debate about the meaning of this concept.

In modern times, health and wellbeing is often considered and referred to as \_\_\_\_\_\_\_\_ concept, however each term can be considered separately:

* Health can be considered a person’s physical, social, emotional, mental and spiritual dimensions.
* Wellbeing can be considered an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in which the individual feels happy, healthy, capable and engaged.

For the purpose of this subject, we will consider health and wellbeing as a single concept, as wellbeing is an \_\_\_\_\_\_\_\_\_\_\_\_\_ element of health.

We will use this description: Health and wellbeing relates to a person’s physical, social, emotional, mental and spiritual \_\_\_\_\_\_\_\_\_\_\_\_, and is characterised by an equilibrium in which the individual feels happy, healthy, capable and engaged.

**Various definitions of health and wellbeing**

One of the most commonly referenced definitions of health comes from the World Health Organization who stated in \_\_\_\_\_\_\_\_\_ that health is ‘a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity’.

The key skill for this part of the course is to ‘describe and analyse various perspectives, definitions and interpretations of health and wellbeing’. When looking at the 1946 WHO definition it useful to consider the following:

* It only includes three dimensions, not the \_\_\_\_\_\_\_\_\_ that were mentioned previously.
* It refers to ‘a state of complete…’ indicating that the highest levels of each dimension needs to be obtained to achieve \_\_\_\_\_\_\_\_\_\_. This is a very high bar to set for most people.

In \_\_\_\_\_\_\_\_ the WHO provided more detail regarding the concept of health and added that ‘Health is, therefore, seen as a resource for everyday life, not the \_\_\_\_\_\_\_\_\_\_\_ of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities’. This therefore made health more achievable for the \_\_\_\_\_\_\_\_\_\_\_ person and included a greater focus on an individual’s own resources and situation when determining the achievement of health, it moved away from requiring ‘complete physical, mental and social wellbeing’ to achieve health.

**What are the dimensions of health and wellbeing?**

The concept of health and wellbeing has evolved over time, in the past, there was a greater focus on just the physical aspect of health and wellbeing, but as society has evolved, we have come to understand that all of the various dimensions of health and wellbeing are important and play a role in maintaining \_\_\_\_\_\_\_\_ levels of overall health and wellbeing.

The five dimensions we now consider to make up health and wellbeing are:

* Physical
* Mental
* Social
* Emotional
* Spiritual

It is important to acknowledge that these five dimensions of health a​re not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ but are interrelated and influence each other.

Physical MESS is a useful mnemonic to remember the five dimensions of health and wellbeing, where each letter in MESS is the first letter of a different dimension.

**What is physical health and wellbeing?**

Description: Physical health and wellbeing relates to the functioning of the \_\_\_\_\_\_\_ and its systems and it includes the physical capacity to perform daily activities or tasks.

Physical health and wellbeing is supported by factors such as regular physical activity, consuming a \_\_\_\_\_\_\_\_\_\_\_\_ diet, having appropriate rest/sleep, maintaining an ideal body weight, and the absence of illness, disease or injury.

**What are examples of the physical dimension of health and wellbeing?**

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|  | **Function of the immune system** | **Energy levels** | **Levels of disease and illness** | **Ability to complete daily tasks** |
| **How does this example relate to the physical dimension of health and wellbeing?** | Our bodies immune system helps us to fight off \_\_\_\_\_\_\_\_\_\_ and viruses that can cause disease, as well as playing a role in stopping a range of other diseases from developing. A well-functioning immune system can be a \_\_\_\_\_\_\_\_\_\_\_ factor from disease. | The food and beverages that we consume, as well as the activities we participate in, can influence our \_\_\_\_\_\_ levels. Having adequate energy allows us to engage in activities that can promote our physical health and wellbeing such as sports and leisure activities. | When people experience disease and illness their body is not functioning \_\_\_\_\_\_\_\_\_\_. This can contribute to pain and discomfort, as well as a reduced ability to participate in other \_\_\_\_\_\_ promoting activities such as exercise. | Daily tasks can include things like \_\_\_\_\_\_\_\_\_\_\_  , running errands and cooking a meal. The ability to \_\_\_\_\_\_\_\_\_\_\_\_ such tasks indicates our body is in working order and that we are able to carry on with our day to day lives. |

**Linking to physical health and wellbeing**

When referring to this dimension, it is useful to think about how to use examples of physical health and wellbeing in an answer, as this demonstrates that you are making a \_\_\_\_\_\_\_\_ link to the dimension.

Attending school: At school students are likely to participate in physical education classes where they have the opportunity to be active and improve their \_\_\_\_\_\_\_\_\_\_ levels.

Participating in the workforce: people’s employers may offer free annual health check-ups or the opportunity to be vaccinated for free from common conditions such as the \_\_\_\_\_\_\_\_\_\_. This can help to detect and prevent health conditions, therefore helping to reduce levels of disease and illness.

**What is social health and wellbeing?**

Description: Social health and wellbeing relates to the ability to form meaningful and satisfying \_\_\_\_\_\_\_\_\_\_ with others and the ability to manage or adapt appropriately to different social situations.

Social health and wellbeing also includes the level of \_\_\_\_\_\_\_\_ provided by family and within a community to ensure that every person has equal opportunity to function as a contributing member of the society.

Social health and wellbeing is supported by strong communication skills, \_\_\_\_\_\_\_\_\_\_\_ for others and a sense of personal accountability.

**What are examples of the social dimension of health and wellbeing?**

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|  | **Network of family and friend** | **Ability to clearly communicate with others** | **Ability to develop and maintain relationships** | **Contributions to social groups and the community** |
| **How does this example relate to the social dimension of health and wellbeing?** | The family and friends of an individual are often the most \_\_\_\_\_\_\_\_\_\_ people in one’s life. These are the individuals we generally speak to most often and have many of our closest and most loving relationships with. Therefore, this network heavily impacts the development of our communication skills and ability to develop and maintain relationships with others. | Being able to express our ideas and tell someone what we are thinking and feeling is important to developing and maintaining relationships. Effective \_\_\_\_\_\_\_\_\_\_\_\_ can also help us to contribute to society through employment and social participation. | There is a \_\_\_\_\_\_\_ range of types of relationships, whether they be family, professional or intimate. Our ability to move between and maintain various relationships helps to sustain us and bring fulfillment to different aspects of our life and gives us the opportunity to communicate and express ourselves in different ways. | Social groups may include parent groups or sport teams. By participating in such groups we can interact with a wide range of people and learn to communicate in varied and \_\_\_\_\_\_\_\_\_\_ ways. These groups can lead to us making and sustaining new friendships and relationships. |

**Linking to social health and wellbeing**

When referring to this dimension, it is useful to think about how to use examples of social health and wellbeing in an answer, as this demonstrates that you are making a clear link to the dimension.

Attending school: young people have the opportunity to spend time with their \_\_\_\_\_\_\_\_\_\_ during the day, allowing them to build and maintain satisfying and meaningful relationships.

Participating in the workforce: as part of being employed, skills such as \_\_\_\_\_\_\_\_\_\_\_ and non-verbal communication are likely to be developed, improving the ability to communicate effectively.

**What is mental health and wellbeing?**

Description: Mental health is the current state of wellbeing relating to the mind or \_\_\_\_\_\_\_ and it relates to the ability to think and process information. A mentally healthy brain enables an individual to positively form opinions, make decisions and use logic.

Mental health is about the wellness of the mind rather than illness. Mental health is associated with \_\_\_\_\_ levels of stress and anxiety, positive self-esteem, as well as a sense of confidence and optimism.

**What are examples of the mental dimension of health and wellbeing?**

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|  | **Level of anxiety and stress** | **Ability to think logically and problem solve** | **Level of self-esteem** | **Ability to reason and form opinions and make decisions** |
| **How does this example relate to the mental dimension of health and wellbeing?** | Low levels of \_\_\_\_\_\_\_\_ and anxiety can help us to think clearly and make rational decision. With less worry, we can sleep and rest better, and this helps to keep our \_\_\_\_\_\_\_\_ functioning clearly so that we can problem solve and reason. | When we are able to solve problems and think \_\_\_\_\_\_\_\_\_, we are less likely to be stressed and are better able to manage the challenges that we encounter each day. This also helps us to engage in education or complete our job, which can then lead to outcomes such as earning an income, consequently reducing financial \_\_\_\_\_\_\_. | Self-esteem relates to our \_\_\_\_\_\_\_\_ of ourselves. A higher self-esteem increases the likelihood we will participate in challenging activities, as we are more likely to think we can be successful. This can then improve the skills we have to complete such tasks and increase our confidence. | Being able to consider information and make reasoned decision indicates that we are able to think and that our \_\_\_\_\_\_\_ in functioning well. This can also improve our ability to engage in education and work, which can lead to the development of new skills and increase our self-esteem and \_\_\_\_\_\_\_\_\_\_. |

**Linking to mental health and wellbeing**

When referring to this dimension, it is useful to think about how to use examples of mental health and wellbeing in an answer, as this demonstrates that you are making a clear link to the dimension.

Attending school: students are likely to learn strategies to manage stress and \_\_\_\_\_\_\_\_\_\_\_\_, such as exercise and mindfulness, helping to manage their mental health and wellbeing.

Participating in the workforce: people may learn problem solving and reasoning skills as part of their job, improving their ability to make \_\_\_\_\_\_\_\_\_\_\_\_ decisions.

**What is emotional health and wellbeing?**

Description: Emotional health relates to the ability to express feelings in a positive way. Emotional health is about the positive management and \_\_\_\_\_\_\_\_\_\_\_\_\_ of emotional actions and reactions, as well as the ability to display resilience.

Emotional health is the degree to which you feel emotionally secure and relaxed in everyday life.

**What are examples of the emotional dimension of health and wellbeing?**

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|  | **Ability to display resilience** | **Ability to recognise and understand a wide range of emotions in others** | **Ability to respond to and manage your own emotions appropriately** | **Ability to experience appropriate emotions in a range of different scenarios** |
| **How does this example relate to the emotional dimension of health and wellbeing?** | Resilience is the ability to bounce \_\_\_\_\_\_\_\_ from and overcome challenges. The ability to display this indicates that we can manage challenging situations, including the range of feelings and emotions they may evoke, and successfully navigate them. | Being able to recognise \_\_\_\_\_\_\_\_ in others can help us to respond appropriately to how people are feeling. This may help to strengthen our connections with those that we are close to, and when reciprocated, provides us with the opportunity to express our emotions and receive appropriate \_\_\_\_\_\_\_\_\_\_\_. | We all experience a wide range of emotions such as \_\_\_\_\_\_, sadness, anger and frustration. Being able to understand and manage such emotions prevents us from acting in ways that can be damaging to ourselves and others. | The emotions we experience at a birthday party are likely to be very different to those we might experience at a funeral. Depending on the setting, we typically experience and display a number of different emotions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the setting. |

**Linking to emotional health and wellbeing**

When referring to this dimension, it is useful to think about how to use examples of emotional health and wellbeing in an answer, as this demonstrates that you are making a clear link to the dimension.

Attending school: students may be taught how to \_\_\_\_\_\_\_\_\_\_ and manage a range of emotions in challenging situations, such as anger and frustration.

Participating in the workforce: people are likely to face challenges in the workplace, and learning how to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ these with colleagues helps to build resilience.

**What is spiritual health and wellbeing?**

Description: Spiritual health is not material in nature, but relates to ideas, beliefs, values and ethics that arise in the \_\_\_\_\_\_\_\_\_\_ and conscience of human beings. Spiritual health includes the concepts of hope, peace, a guiding sense of meaning or value, and reflection on your place in the world.

Spiritual health can be highly individualised, for example, for some spiritual health may relate to organised religion, a higher power and prayer, whilst for others it can relate to morals, \_\_\_\_\_\_\_\_\_\_\_, a sense of purpose in life, connection and/or belonging.

**What are examples of the spiritual dimension of health and wellbeing?**

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|  | **Level of meaning and purpose in life** | **Ability to live by a set of values and beliefs** | **Ability to be at peace and reflect on your place within the world** | **Level of hope for a positive future** |
| **How does this example relate to the spiritual dimension of health and wellbeing?** | There are many ways that people can derive \_\_\_\_\_\_\_\_\_ and meaning in their life. This may come from their job, or another activity such as volunteer work or taking care of an unwell family member. Some people also find meaning in serving others or a higher power, such as a religious \_\_\_\_\_\_. | Our values and beliefs may be developed as a result of our upbringing, the people we associate with or a group we \_\_\_\_\_\_\_\_\_ to. These values and beliefs can influence how we live our lives and provide direction for us particularly during challenging times. | To be able to feel an inner calm and realise your position in the scheme of the world can help to put everyday challenges into perspective. Some people find peace by going for a walk in nature while others may participate in regular meditation or \_\_\_\_\_\_\_\_\_\_\_\_\_ activities. | The ability to look ahead and imagine that things will be positive can often help people to \_\_\_\_\_\_\_\_\_ challenging times. This can often be accompanied by regular meditation or prayer which some people find comforting when facing challenges and hoping for a positive future. |

**Linking to spiritual health and wellbeing**

When referring to this dimension, it is useful to think about how to use examples of spiritual health and wellbeing in an answer, as this demonstrates that you are making a clear link to the dimension.

Attending school: at school students may learn about caring for others, and then develop values and beliefs which help to provide a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sense of meaning in their life.

Participating in the workforce: employment may provide people with a sense of purpose in their life as they work towards goals, and it may provide them with a sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to something that is bigger than just themselves.

**Knowledge and Skills Building Activity 1.1.1A**

**Various Definitions of Health and Wellbeing**

Consider the two definitions related to health and wellbeing below. Outline at least one strength and limitation of each in the spaces provided.

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**Knowledge and Skills Building Activity 1.1.1B**

**The Dimensions of Health and Wellbeing**

Fill in the table below demonstrating how each of the dimensions of health and wellbeing can be impacted (positive or negative) in the scenarios provided.

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| Scenario | Participating in a weekend sport team | Breaking your leg |
| Physical health and wellbeing |  |  |
| Social health and wellbeing |  |  |
| Mental health and wellbeing |  |  |
| Emotional health and wellbeing |  |  |
| Spiritual health and wellbeing |  |  |

**Assessment style practice questions**

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| **1.** | Describe the difference between the mental and emotional dimensions of health and wellbeing. | 2 marks |
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| **2.** | In 1946 the World Health Organization stated that health is ‘a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity’. State a strength and a limitation of this definition. | 2 marks |
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| **3.** | Jemima loved participating in her weekly game of netball, however, she recently came down with the flu and was in bed recovering for three days and missed her game of netball.  Explain how this experience may have impacted on two of Jemima's dimensions of health and wellbeing. | 2 marks |
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| **4.** | List three examples of the spiritual dimension of health and wellbeing. | 3 marks |
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**Knowledge and Skills Building Activity 1.1.1C**

Create a brochure in [Canva](https://www.canva.com/brochures/templates/) or a [Prezi presentation](https://prezi.com/l/free-powerpoint-presentation-templates-for-students/) that outlines how people your age could engage in a range of activities to promote the different dimensions of health and wellbeing.

Your brochure or presentation should:

* Include the names and descriptions of each of the dimensions of health and wellbeing.
* Include examples of each dimension of health and wellbeing and refer to activities that people your age could participate in to promote these examples (e.g. regular sporting activities to promote fitness levels and the physical dimension of health and wellbeing).
* Include visually appealing images from sources such as [www.pexels.com](https://www.pexels.com/)
* Be written in age-appropriate language.
* Be easy to follow and include headings and sub-headings.

Make sure you think carefully about how you are going to lay-out your information so that it flows logically and coherently.



A row of lined paper

Description automatically generated with medium confidence

