This subject guide relates to courses developed from the Health Education Senior Syllabus 2010.

Why study Health Education?
Health Education examines health in the context of society, and the mechanisms necessary to develop and promote health for individuals, groups, communities and nations.
Health Education is a subject that would interest students who are concerned about social justice issues and who have a strong commitment to community. Students considering the following careers would find this subject beneficial:

- health-related fields — health policy development, health and safety laws and regulations, health information management
- medical and social health fields — health advocacy, counselling, social work, medicine and nursing.

What is studied?
Health is a quality of life that is influenced by the interactions between individuals and their sociocultural, economic, political and physical environments. The personal qualities that individuals bring to these interactions are constantly changing in response to influences from the context in which they live and work.
Health Education considers contemporary health promotion theory and practice, and adopts two conceptual frameworks:

- the social view of health with an embedded social justice framework
- the Ottawa Charter for Health Promotion.

The social view of health acknowledges the behavioural and environmental determinants of health, and asserts that the health of individuals, groups, communities and nations is constructed in society by society. Health is maintained and promoted by personal and community action and by policies and services at local, state and national levels. The social justice framework provides a perspective to identify health inequities and to gauge the success of interventions. The model for social action and change in Health Education is derived from the Ottawa Charter. This framework articulates three strategies (enabling, mediating and advocating) that are necessary for the promotion of health, and five action areas that guide the exploration and action undertaken within each unit of work.
Health Education also acknowledges that students’ understanding of health needs to be developed from the personal to a wider, more altruistic perspective. Units of work cover personal, peer, family, community and specific populations’ health issues. As a consequence of studying Health Education, students can develop more sophisticated levels of knowledge, attitudes, values and skills to address health issues and play an active role in enhancing their own health and that of their community.
How do students learn?

Health Education is an action-oriented subject that inspires students to implement and evaluate their own and others' strategies to maximise the health and wellbeing of those in their communities, including themselves.

Health Education provides a context for exploring health issues. Students first gain an understanding of the biophysical, psychosocial and environmental determinants of relevant health concerns through their analysis of primary and secondary health-related data. Drawing upon their knowledge of the two conceptual frameworks, students analyse the social justice factors that produce inequities for specific individuals or populations. By using an inquiry approach to investigate health issues, students apply the practices and principles that underpin social action and health promotion to devise and justify recommendations and strategies for change.

How are students assessed?

Research is the focus of assessment in Health Education. Research techniques common and applicable to this subject include action research projects, research reports, analytical expositions, and journals. Most assessment will be assignment based where students will be required to complete independent research.

How can parents help?

Parents and guardians can assist their students as they study Health Education by providing a supportive environment. They can:

- encourage their students to read relevant articles in newspapers, magazines and other media
- discuss topical health issues
- share with them a variety of views about health issues.

Parents and guardians can also help their students to develop a systematic approach to managing class notes and other information and resources, to manage time effectively and to meet deadlines for assessment tasks. Parents should have access to the Health Education syllabus and school work program from the school.

More information

If you would like more information, please email senior.syllabuses@qcaa.qld.edu.au. You can also visit the QCAA website www.qcaa.qld.edu.au and search for ‘Health Education’.