PDHPE Stage 6 HSC Course Content

Core 1: Health priorities in Australia

How are priority issues for Australia’s health identified?

Students learn about:

- measuring health status
  - role of epidemiology
  - measures of epidemiology (mortality, infant mortality, morbidity, life expectancy)

Students learn to:

- critique the use of epidemiology to describe health status by considering questions such as:
  - what can epidemiology tell us?
  - who uses these measures?
  - do they measure everything about health status?
- use tables and graphs from health reports to analyse current trends in life expectancy and major causes of morbidity and mortality for the general population and comparing males and females

Identifying priority health issues

- social justice principles
- priority population groups
- prevalence of condition
- potential for prevention and early intervention
- costs to the individual and community

Students learn to:

- argue the case for why decisions are made about health priorities by considering questions such as:
  - how do we identify priority issues for Australia’s health?
  - what role do the principles of social justice play?
  - why is it important to prioritise?

What are the priority issues for improving Australia’s health?

Students learn about:

- groups experiencing health inequities
  - Aboriginal and Torres Strait Islander peoples
  - socio-economically disadvantaged people
  - people in rural and remote areas
  - overseas-born people
  - the elderly
  - people with disabilities

Students learn to:

- research and analyse Aboriginal and Torres Strait Islander peoples and ONE other group experiencing health inequities by investigating:
  - the nature and extent of the health inequities
  - the socio-cultural, socio-economic and environmental determinants
  - the roles of individuals, communities and governments in addressing the health inequities

- high levels of preventable chronic disease, injury and mental health problems
  - cardiovascular disease (CVD)
  - cancer (skin, breast, lung)
  - diabetes
  - respiratory disease
  - injury
  - mental health problems and illnesses

Students learn to:

- research and analyse CVD, cancer and ONE other condition listed by investigating:
  - the nature of the problem
  - extent of the problem (trends)
  - risk factors and protective factors
  - the socio-cultural, socio-economic and environmental determinants
  - groups at risk

- a growing and ageing population
  - healthy ageing
  - increased population living with chronic disease and disability
  - demand for health services and workforce shortages
  - availability of carers and volunteers

Students learn to:

- assess the impact of a growing and ageing population on:
  - the health system and services
  - health service workforce
  - carers of the elderly
  - volunteer organisations
What role do health care facilities and services play in achieving better health for all Australians?

Students learn about:

- health care in Australia
  - range and types of health facilities and services
  - responsibility for health facilities and services
  - equity of access to health facilities and services
  - health care expenditure versus expenditure on early intervention and prevention
  - impact of emerging new treatments and technologies on health care, e.g. cost and access, benefits of early detection
  - health insurance: Medicare and private

- complementary and alternative health care approaches
  - reasons for growth of complementary and alternative health products and services
  - range of products and services available
  - how to make informed consumer choices

Students learn to:

- evaluate health care in Australia by investigating issues of access and adequacy in relation to social justice principles. Questions to explore include:
  - how equitable is the access and support for all sections of the community?
  - how much responsibility should the community assume for individual health problems?
- describe the advantages and disadvantages of Medicare and private health insurance, e.g. costs, choice, ancillary benefits

- critically analyse complementary and alternative health care approaches by exploring questions such as:
  - how do you know who to believe?
  - what do you need to help you make informed decisions?

What actions are needed to address Australia’s health priorities?

Students learn about:

- health promotion based on the five action areas of the Ottawa Charter
  - levels of responsibility for health promotion
  - the benefits of partnerships in health promotion, e.g. government sector, non-government agencies and the local community
  - how health promotion based on the Ottawa Charter promotes social justice
  - the Ottawa Charter in action

Students learn to:

- argue the benefits of health promotion based on:
  - individuals, communities and governments working in partnership
  - the five action areas of the Ottawa Charter
- investigate the principles of social justice and the responsibilities of individuals, communities and governments under the action areas of the Ottawa Charter
- critically analyse the importance of the five action areas of the Ottawa Charter through a study of TWO health promotion initiatives related to Australia’s health priorities

Core 2: Factors affecting performance

How does training affect performance?

Students learn about:

- energy systems
  - alactacid system (ATP/PC)
  - lactic acid system
  - aerobic system

- types of training and training methods
  - aerobic, e.g. continuous, Fartlek, aerobic interval, circuit
  - anaerobic, e.g. anaerobic interval
  - flexibility, e.g. static, ballistic, PNF, dynamic
  - strength training, e.g. free/fixed weights, elastic, hydraulic

Students learn to:

- analyse each energy system by exploring:
  - source of fuel
  - efficiency of ATP production
  - duration that the system can operate
  - cause of fatigue
  - by-products of energy production
  - process and rate of recovery

- assess the relevance of the types of training and training methods for a variety of sports by asking questions such as:
  - which types of training are best suited to different sports?
  - which training method(s) would be most appropriate? Why?
  - how would this training affect performance?
• principles of training
  – progressive overload
  – specificity
  – reversibility
  – variety
  – training thresholds
  – warm up and cool down

• analyse how the principles of training can be applied to both aerobic and resistance training

• physiological adaptations in response to training
  – resting heart rate
  – stroke volume and cardiac output
  – oxygen uptake and lung capacity
  – haemoglobin level
  – muscle hypertrophy
  – effect on fast/slow twitch muscle fibres

• examine the relationship between the principles of training, physiological adaptations and improved performance

How can psychology affect performance?

Students learn about:

• motivation
  – positive and negative
  – intrinsic and extrinsic

• anxiety and arousal
  – trait and state anxiety
  – sources of stress
  – optimum arousal

Students learn to:

• evaluate performance scenarios to determine the appropriate forms of motivation, e.g. golf versus boxing

• explain the difference between anxiety and arousal in terms of the effects on performance

• research case studies of athletes from different sports and ascertain the nature of their motivation and the psychological strategies they employ

How can nutrition and recovery strategies affect performance?

Students learn about:

• nutritional considerations
  – pre-performance, including carbohydrate loading
  – during performance
  – post-performance

• supplementation
  – vitamins/minerals
  – protein
  – caffeine
  – creatine products

• recovery strategies
  – physiological strategies, e.g. cool down, hydration
  – neural strategies, e.g. hydrotherapy, massage
  – tissue damage strategies, e.g. cryotherapy
  – psychological strategies, e.g. relaxation

Students learn to:

• compare the dietary requirements of athletes in different sports considering pre-, during and post-performance needs

• critically analyse the evidence for and against supplementation for improved performance

• research recovery strategies to discern their main features and proposed benefits to performance

How does the acquisition of skill affect performance?

Students learn about:

• stages of skill acquisition
  – cognitive
  – associative
  – autonomous

Students learn to:

• examine the stages of skill acquisition by participating in the learning of a new skill, e.g. juggling, throwing with the non-dominant arm
characteristics of the learner, e.g. personality, heredity, confidence, prior experience, ability

the learning environment
- nature of the skill (open, closed, gross, fine, discrete, serial, continuous, self-paced, externally paced)
- the performance elements (decision-making, strategic and tactical development)
- practice method (massed, distributed, whole, part)
- feedback (internal, external, concurrent, delayed, knowledge of results, knowledge of performance)

design a suitable plan for teaching beginners to acquire a skill through to mastery. The plan should reflect:
- appropriate practice methods for the learners
- the integration of relevant performance elements
- an awareness of how instruction may vary according to characteristics of the learner
- how feedback will be used as learners progress through the stages of skill acquisition

assessment of skill and performance
- characteristics of skilled performers, e.g. kinaesthetic sense, anticipation, consistency, technique
- objective and subjective performance measures
- validity and reliability of tests
- personal versus prescribed judging criteria

develop and evaluate objective and subjective performance measures to appraise performance

Option 1: The health of young people

What is good health for young people?

Students learn about:

- the nature of young people’s lives
  - how the developmental stage can vary in motivations, values, socio-cultural background
  - the influence of family/peers
  - the influence of prevailing youth cultures
  - the influence of global events and trends
  - the influence of technology

Students learn to:

- distinguish those aspects of young people’s lives that make them similar and different to the young people of previous generations

epidemiology of the health of young people
- patterns of morbidity and mortality
- comparisons of health status with that of other age groups

Students learn to:

- analyse health data for young people and compare with that of other age groups in order to identify the generally positive picture of the health of young people
- identify current areas of ill health that are of greatest prevalence among young people

the effects of the determinants of health on young people
- individual factors
- socio-cultural factors
- socio-economic factors
- environmental factors

Students learn to:

- examine how a range of factors may adversely affect the health of young people and propose strategies to overcome these factors

developmental aspects that affect the health of young people
- revising roles within relationships
- clarifying self-identity and self-worth
- developing self-sufficiency and autonomy
- establishing education, training and employment pathways
- establishing personal support structures
- determining behavioural boundaries

Students learn to:

- identify the relationship between successfully managing these developmental aspects and health
- think critically about how young people’s priorities and values relate to their health by considering questions such as:
  - is health a priority for young people?
  - what would young people view as the indicators of good health?
To what extent do Australia’s young people enjoy good health?

Students learn about:
- the major health issues that impact on young people
  - mental health problems and illnesses
  - alcohol consumption
  - violence
  - road safety
  - sexual health
  - body image
  - other relevant/emerging health issues, e.g. gambling, cyber-bullying, party crashes, drink spiking

Students learn to:
- analyse TWO of the major health issues listed by examining:
  - the nature and extent of the major health issue
  - the risk factors and protective factors
  - the socio-cultural, socio-economic and environmental determinants
  - young people most at risk

What skills and actions enable young people to attain better health?

Students learn about:
- skills in attaining better health
  - building self concept
  - developing connectedness and support networks
  - developing resilience and coping skills
  - developing health literacy skills
  - developing communication skills
  - accessing health services
  - becoming involved in community service
  - creating a sense of future

- actions targeting health issues relevant to young people
  - social action
  - legislation and public policy
  - health promotion initiatives

Students learn to:
- analyse through meaningful and realistic situations how the skills can assist young people to enjoy good health
- critically reflect on their own personal health and health behaviours including both positive and negative influences and indicate future courses of action for better health
- evaluate a range of strategies that have been implemented by government and non-government agencies that target TWO major health issues impacting on young people

Option 2: Sport and physical activity in Australian society

How have meanings about sport and physical activity changed over time?

Students learn about:
- the beginnings of modern sport in nineteenth-century England and colonial Australia
  - links with manliness, patriotism and character
  - the meaning of amateur and professional sport
  - women’s historical participation in sport

- sport as a commodity
  - the development of professional sport
  - sport as big business
  - sponsorship, advertising and sport
  - the economics of hosting major sporting events
  - consequences for spectators and participants

Students learn to:
- compare the nature of sport in the nineteenth century with sport in today’s society. Consider questions such as:
  - how have the meanings of amateur and professional sport changed?
  - how did the meanings of sport differ for different social groups?
  - how did women’s and men’s sports participation differ and why?

- analyse the consequences for various sports as they have adopted a business focus
### What is the relationship between sport and national and cultural identity?

**Students learn about:**
- Australian sporting identity
  - national and regional identity through sporting achievements
  - government funding, e.g. the Australian Institute of Sport
  - politics and sports
- the meaning of physical activity and sport to Indigenous Australians
  - traditional activities and sports
  - links between community and identity
- physical activity, sport and cultural identity
  - the role of competition
  - links to cultural identity
  - relationships to health
  - ways of thinking about the body

**Students learn to:**
- critically examine how sport has been used to promote an Australian national and regional identity, e.g. Olympic coverage, State of Origin
- identify instances when Australia has used sport for political purposes and evaluate the impact of this on the athletes and the Australian public, e.g. Moscow Olympics, apartheid boycotts
- investigate how physical activity and sport have influenced the lives and identity of Indigenous Australians
- research physical activities or sports to determine their cultural significance for particular groups

### How does the mass media contribute to people’s understanding, values and beliefs about sport?

**Students learn about:**
- the relationship between sport and the mass media
  - the representation of sport in the media
  - economic considerations of media coverage and sport
- deconstructing media messages, images and amount of coverage
  - differences in coverage for different sports across various print and electronic media
  - the emergence of extreme sports as entertainment, e.g. big wave surfing.

**Students learn to:**
- think critically about the impact of the mass media on sport by investigating questions such as:
  - who benefits and in what ways?
  - how does the media influence our understanding of sporting events?
  - how have sports been changed to suit the needs of the media, e.g. uniforms, rule modifications, structure to accommodate advertising breaks
- analyse the media’s role in giving meanings to sport by considering questions such as:
  - how does the coverage given to particular sports reflect which sports are valued and which ones are not?
  - what metaphors are common in sport, e.g. football as ‘war’?
  - has the media pushed extreme sports to take excessive risks?

### What are the relationships between sport and physical activity and gender?

**Students learn about:**
- sport as a traditionally male domain
  - sport and the construction of masculinity and femininity
  - implications for participation
  - sponsorship, policy and resourcing
  - the role of the media in constructing meanings around femininity and masculinity in sport
- challenges to the male domain, e.g. women in traditional male sports

**Students learn to:**
- apply an understanding about the social construction of gender to explore the ways in which sport reinforces or challenges traditional narrow understandings of gender
- critically analyse the participation rates of males and females in a range of sports and offer explanations for differences. Consider how some forms of activity have come to be traditionally associated with each gender
- examine the debate that surrounds the entry of women into traditional male sports, e.g. boxing, rugby. Compare this with the entry of men into traditional female sports, e.g. netball
**Option 3: Sports medicine**

### How are sports injuries classified and managed?

<table>
<thead>
<tr>
<th>Students learn about:</th>
<th>Students learn to:</th>
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</thead>
<tbody>
<tr>
<td>• ways to classify sports injuries</td>
<td>• identify specific examples of injuries that reflect each of the classifications</td>
</tr>
<tr>
<td>– direct and indirect</td>
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<tr>
<td>– soft and hard tissue</td>
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<td>– overuse</td>
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<tr>
<td>• soft tissue injuries</td>
<td>• manage soft tissue injuries:</td>
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<tr>
<td>– tears, sprains, contusions</td>
<td>– RICER (rest, ice, compression, elevation, referral)</td>
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<tr>
<td>– skin abrasions, lacerations, blisters</td>
<td>– immediate treatment of skin injuries</td>
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<td>– inflammatory response</td>
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<tr>
<td>• hard tissue injuries</td>
<td>• manage hard tissue injuries:</td>
</tr>
<tr>
<td>– fractures</td>
<td>– assessment for medical attention</td>
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<tr>
<td>– dislocation</td>
<td>– immobilisation</td>
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<tr>
<td>• assessment of injuries</td>
<td>• perform assessment procedures to determine the nature and extent of injury in simulated scenarios</td>
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<tr>
<td>– TOTAPS (talk, observe, touch, active and passive movement, skills test)</td>
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</table>

### How does sports medicine address the demands of specific athletes?

<table>
<thead>
<tr>
<th>Students learn about:</th>
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<tbody>
<tr>
<td>• children and young athletes</td>
<td>• analyse the implications of each of these considerations for the ways young people engage in sport and how each is managed</td>
</tr>
<tr>
<td>– medical conditions (asthma, diabetes, epilepsy)</td>
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<td>– overuse injuries (stress fractures)</td>
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<td>– thermoregulation</td>
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<tr>
<td>– appropriateness of resistance training</td>
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<tr>
<td>• adult and aged athletes</td>
<td>• explain the sports participation options available for aged people with medical conditions</td>
</tr>
<tr>
<td>– heart conditions</td>
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<tr>
<td>– fractures/bone density</td>
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<tr>
<td>– flexibility/joint mobility</td>
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<tr>
<td>• female athletes</td>
<td>• assess the degree to which iron deficiency and bone density affect participation in sport</td>
</tr>
<tr>
<td>– eating disorders</td>
<td></td>
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<tr>
<td>– iron deficiency</td>
<td></td>
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<td>– bone density</td>
<td></td>
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<tr>
<td>– pregnancy</td>
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</table>

### What role do preventative actions play in enhancing the wellbeing of the athlete?

<table>
<thead>
<tr>
<th>Students learn about:</th>
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<tbody>
<tr>
<td>• physical preparation</td>
<td>• analyse different sports in order to determine priority preventative strategies and how adequate preparation may prevent injuries</td>
</tr>
<tr>
<td>– pre-screening</td>
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<tr>
<td>– skill and technique</td>
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<tr>
<td>– physical fitness</td>
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<tr>
<td>– warm up, stretching and cool down</td>
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<tr>
<td>• sports policy and the sports environment</td>
<td>• critically analyse sports policies, rules and equipment to determine the degree to which they promote safe participation, e.g. heat rules, rugby union scrum rules</td>
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<tr>
<td>– rules of sports and activities</td>
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<td>– modified rules for children</td>
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<tr>
<td>– matching of opponents, e.g. growth and development, skill level</td>
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<tr>
<td>– use of protective equipment</td>
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<tr>
<td>– safe grounds, equipment and facilities</td>
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</table>
### Appendix

#### Environmental Considerations
- Temperature regulation (convection, radiation, conduction, evaporation)
- Climatic conditions (temperature, humidity, wind, rain, altitude, pollution)
- Guidelines for fluid intake
- Acclimatisation

#### Taping and Bandaging
- Preventative taping
- Taping for isolation of injury
- Bandaging for immediate treatment of injury

### How is Injury Rehabilitation Managed?

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<tr>
<td>Rehabilitation procedures</td>
<td>Research and evaluate skill and other physical tests that could be used to indicate readiness to return to play</td>
</tr>
<tr>
<td>- Progressive mobilisation</td>
<td>- Critically examine policies and procedures that regulate the timing of return to play, considering questions such as:</td>
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<tr>
<td>- Graduated exercise (stretching, conditioning, total body fitness)</td>
<td>- Why aren't such policies applied to all sports?</td>
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<tr>
<td>- Training</td>
<td>- Who should have ultimate responsibility for deciding if an athlete returns to competition?</td>
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<tr>
<td>- Use of heat and cold</td>
<td>- Should athletes be allowed to use painkillers in order to compete when injured?</td>
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### How do Athletes Train for Improved Performance?

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<td>Strength training</td>
<td>Analyse two of the training types by drawing on current and reliable sources of information to:</td>
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<td>- Resistance training, e.g. elastic, hydraulic</td>
<td>- Examine the types of training methods and how they best suit specific performance requirements</td>
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<td>- Weight training, e.g. plates, dumbbells</td>
<td>- Design a training program</td>
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<td>- Isometric training</td>
<td>- Describe how training adaptations can be measured and monitored</td>
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<td>Aerobic training</td>
<td>- Identify safe and potentially harmful training procedures</td>
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<td>Anaerobic training (power and speed)</td>
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<td>- Developing power through resistance/weight training</td>
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<td>- Plyometrics</td>
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<td>- Drills practice</td>
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<td>- Modified and small-sided games</td>
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### Option 4: Improving Performance

- **How do athletes train for improved performance?**

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### What are the planning considerations for improving performance?

**Students learn about:**
- initial planning considerations
  - performance and fitness needs (individual, team)
  - schedule of events/competitions
  - climate and season

**Students learn to:**
- develop and justify a periodisation chart of the fitness and skill-specific requirements of a particular sport

**Students learn about:**
- planning a training year (periodisation)
  - phases of competition (pre-season, in-season and off-season phases)
  - subphases (macro and microcycles)
  - peaking
  - tapering
  - sport-specific subphases (fitness components, skill requirements)

**Students learn to:**
- examine different methods of structuring training sessions
  - design and implement a training session for a specific event. Evaluate the session by considering questions such as:
    - did the activities match the abilities of the group?
    - what was the reaction of the group?
    - how could the session be modified?

**Students learn about:**
- elements to be considered when designing a training session
  - health and safety considerations
  - providing an overview of the session to athletes (goal-specific)
  - warm-up and cool-down
  - skill instruction and practice
  - conditioning
  - evaluation

**Students learn to:**
- analyse overtraining by considering questions such as:
  - how much training is too much?
  - how do you identify an overtrained athlete?
  - what do you do if you identify an overtrained athlete?
  - how can overtraining be avoided?

### What ethical issues are related to improving performance?

**Students learn about:**
- use of drugs
  - the dangers of performance enhancing drug use, e.g. physical effects, loss of reputation, sponsorship and income
  - for strength (human growth hormone, anabolic steroids)
  - for aerobic performance (EPO)
  - to mask other drugs (diuretics, alcohol)
  - benefits and limitations of drug testing

**Students learn to:**
- justify the reasons drugs are considered to be unethical and carry a range of risks for the athlete
  - argue issues related to drug testing such as:
    - at what level of competition should drug testing be introduced?
    - which drugs should be tested for?
    - what are the pros and cons of drug testing?
    - what should be the consequences of drug use?

**Students learn about:**
- use of technology
  - training innovation, e.g. lactate threshold testing, biomechanical analysis
  - equipment advances, e.g. swimsuits, golf ball

**Students learn to:**
- describe how technology has been used to improve performance
  - argue ethical issues related to technology use in sport such as:
    - has technology gone too far?
    - has access to technology created unfair competition?
Option 5: Equity and health

**Why do inequities exist in the health of Australians?**

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</thead>
<tbody>
<tr>
<td>factors that create health inequities</td>
<td>identify how these factors contribute to the inequities experienced by different population groups in Australia</td>
</tr>
<tr>
<td>daily living conditions</td>
<td>recognize the potential for populations to be exposed to multiple risk factors contributing to health inequities and the implications for managing the inequities</td>
</tr>
<tr>
<td>quality of early years of life</td>
<td></td>
</tr>
<tr>
<td>access to services and transport</td>
<td></td>
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<tr>
<td>socioeconomic factors</td>
<td></td>
</tr>
<tr>
<td>social attributes, e.g. social exclusion, discrimination</td>
<td></td>
</tr>
<tr>
<td>government policies and priorities, e.g. health, economic, social</td>
<td></td>
</tr>
</tbody>
</table>

**What inequities are experienced by population groups in Australia?**

<table>
<thead>
<tr>
<th>Students learn about:</th>
<th>Students learn to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>populations experiencing health inequities</td>
<td>challenge generalisations about populations experiencing health inequities</td>
</tr>
<tr>
<td>Aboriginal and Torres Strait Islander peoples</td>
<td>analyse the health inequities experienced by TWO of the population groups by:</td>
</tr>
<tr>
<td>homeless</td>
<td>– examining health data to determine areas of inequity and the degree to which the gap is reducing or increasing</td>
</tr>
<tr>
<td>people living with HIV/AIDS</td>
<td>– analysing the impact of the health determinants</td>
</tr>
<tr>
<td>incarcerated</td>
<td>– examining the media’s role in influencing social attitudes and public policy</td>
</tr>
<tr>
<td>aged</td>
<td>– evaluating government interventions</td>
</tr>
<tr>
<td>culturally and linguistically diverse backgrounds</td>
<td></td>
</tr>
<tr>
<td>unemployed</td>
<td></td>
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<tr>
<td>geographically remote populations</td>
<td></td>
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<tr>
<td>people with disabilities</td>
<td></td>
</tr>
</tbody>
</table>

**How may the gap in health status of populations be bridged?**

<table>
<thead>
<tr>
<th>Students learn about:</th>
<th>Students learn to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>funding to improve health</td>
<td>think critically about the issues that influence health funding by considering questions such as:</td>
</tr>
<tr>
<td>funding for health</td>
<td>– does funding solve inequities?</td>
</tr>
<tr>
<td>funding for specific populations</td>
<td>– will improving the health of all Australians reduce the gap?</td>
</tr>
<tr>
<td>limited resources</td>
<td>– should funding go where there is the greatest chance of success or to the area of greatest need? Is it possible to do both?</td>
</tr>
<tr>
<td>actions that improve health</td>
<td>explain the nature of enabling, mediating and advocating processes when working for sustainable improvements for disadvantaged groups</td>
</tr>
<tr>
<td>enabling (using knowledge and skills for change)</td>
<td></td>
</tr>
<tr>
<td>mediating (working for consensus)</td>
<td></td>
</tr>
<tr>
<td>advocating (speaking up for specific groups, their needs and concerns)</td>
<td></td>
</tr>
<tr>
<td>a social justice framework for addressing health inequities</td>
<td>apply the social justice framework to the development of a plan to address the causal factors of an inequity</td>
</tr>
<tr>
<td>empowering individuals in disadvantaged circumstances</td>
<td></td>
</tr>
<tr>
<td>empowering disadvantaged communities</td>
<td></td>
</tr>
<tr>
<td>improving access to facilities and services</td>
<td></td>
</tr>
<tr>
<td>encouraging economic and cultural change</td>
<td></td>
</tr>
<tr>
<td>characteristics of effective health promotion strategies</td>
<td>distinguish those characteristics that contribute to the sustainability of health strategies</td>
</tr>
<tr>
<td>working with the target group in program design and implementation</td>
<td>analyse the characteristics of a specific health promotion strategy in order to predict its potential for success</td>
</tr>
<tr>
<td>ensuring cultural relevance and appropriateness</td>
<td></td>
</tr>
<tr>
<td>focusing on skills, education and prevention</td>
<td></td>
</tr>
<tr>
<td>supporting the whole population while directing extra resources to those in high risk groups</td>
<td></td>
</tr>
<tr>
<td>intersectoral collaboration</td>
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</tr>
</tbody>
</table>
Appendix

Suggested training materials

Suggested 50 g carbohydrate snacks and fluids

Foods
- Jam or honey sandwich (2 slices of bread and 1 tablespoon of jam/honey)
- Banana sandwich or salad sandwich with 1 piece of fruit
- 2 large pancakes with 1 tablespoon of syrup
- 1 cup of rice with a low-fat topping (that is, a tomato-based sauce)
- 1½ cups of pasta with a low-fat topping (that is, a tomato-based sauce)
- 1/4 cup of baked beans or tinned spaghetti with 2 slices of toast
- 2 cereal bars
- 3 muesli bars (note: chocolate, yoghurt-coated or nut-based choices are high fat)
- 1 'sports bar', on average (such as Power Bar)
- 1 cup of breakfast cereal, 1 small banana and 200 mL of low-fat milk
- 1 tub of low-fat fruit yoghurt and 1 piece of fruit
- 3 average pieces of fruit or 2 medium bananas
- 50 g of jelly beans
- 65 g of jelly lollies
- 2 carbohydrate gels (such as PowerBar Gel and Carbo-shot)
- 3 medium-sized ice blocks

Fluids
- Banana smoothie—200 mL of low-fat milk, 1 banana, 2 teaspoons of honey and 1 scoop of low-fat ice cream
- 1 Sustagen Sport popper (250 mL) and 1 banana
- 250–300 mL of a liquid meal supplement (such as Sustagen Sport)
- 750 mL of a sports drink (such as Isosport, Gatorade or Powerade)
- 500 mL of cordial
- 500 mL of soft drink, flavoured mineral water or fruit juice

Suggested pre-event meals
- Breakfast cereal with skim milk/reduced-fat milk and fresh or canned fruit
- Toast with baked beans or tinned spaghetti
- Pancakes with syrup and 1 piece of fruit
- Liquid meal supplement (such as Sustagen Sport) or a low-fat fruit smoothie
- Low-fat yoghurt, custard or creamed rice with fruit salad
- Banana sandwiches or rolls
- Mini pizzas (made on pocket breads) or pasta with tomato-based sauce for lunch or afternoon meals in preparation for afternoon or night competitions
Program designed for a 100 kg male rugby union player

Energy: 18 000 kJ
Carbohydrate: 7.5 g/kg body weight
Protein: 2 g/kg body weight
Fats: 14%

Breakfast
• Bowl of cereal topped with fresh fruit and low-fat milk
• Juice
• Wholegrain toast with baked beans

Morning snack
• Milk drink
• 2 large fruit buns
• 1 piece of fruit

Lunch
• 1 chicken salad roll
• 1 ham salad roll
• 1 cup of fruit salad
• 1 tub of yoghurt
• Water

Afternoon snack (pre-training)
• Gatorade and a light snack (such as a jam sandwich)

Afternoon snack (post-training)
• Banana sandwich
• Milk-based drink

Dinner
• Lean beef and vegetable stir fry
• 2 cups of boiled rice
• Bread if desired
• Yoghurt
• Fruit juice and water

Supper
• Low-fat smoothie
Glossary

**A**

*abuse*  to hurt or injure by maltreatment  
*acclimatisation*  the process whereby the body becomes accustomed to conditions, such as to altitude or temperature  
*accuracy*  how close a movement is to achieving its purpose  
*acute inflammatory phase*  the initial stage of repair of body tissue in the first 24–72 hours post injury  
*acute-care hospital*  a public or private hospital that provides services mainly to admitted patients with acute or temporary ailments; the average length of stay is relatively short  
*adaptation*  a positive change that occurs to the body as a result of training  
*adenosine diphosphate (ADP)*  the compound formed when ATP is broken down during movement  
*adenosine triphosphate (ATP)*  an energy-rich chemical compound found within the cells of the body  
*advocate*  to speak, plead or argue in favour of a person, group or issue  
*aerobic*  with oxygen  
*aerobic interval training*  performing short bouts of continuous activity with a rest period between them  
*aerobic training threshold*  the intensity of exercise where the body will begin to show signs of adaptation to aerobic training  
*affective*  associated with social learning  
*alactacid system*  an energy system using phosphocreatine as the source of energy  
*alienation*  emotional isolation or dissociation  
*altitude*  height or elevation above sea level  
*Alzheimer’s disease*  a degenerative disorder that affects the brain and causes dementia, especially late in life  
*amateur*  in a nineteenth-century context, a person who engaged in sport for leisure; a term reserved for the upper-class gentleman  
*amenorrhoea*  the absence of a menstrual period  
*amino acids*  the basic compounds found in protein  
*amphetamine*  a drug used as a stimulant  
*aerobic*  without oxygen  
*aerobic intervals*  short bouts of high-intensity activity followed by a period of rest  
*aerobic threshold*  the intensity of exercise where lactic acid begins to accumulate in the body  
*anomaly*  an occurrence that is strange or unique  
*anorexia nervosa*  an eating disorder accompanied by an intense fear of weight gain and a progressive loss of appetite and weight reduction beyond acceptable health levels  
*anticipation*  the ability to predict future movements  
*anxiety*  an emotional response to stress  
*apartheid*  a practice and/or policy that believes in the segregation of people based on race, such as once existed in South Africa  
*appraisal*  the evaluation of a performance  
*arousal*  the level of preparedness required to produce a movement  
*aspiration*  the ambition to succeed  
*assault*  a violent physical or verbal attack  
*associative stage*  in relation to learning a skill, the stage when the skill can be practised for improvement to occur  
*asylum seeker*  a person who has fled his or her own country and applies to the government of another country for protection as a refugee  
*atrophy*  the decreasing size of a muscle  
*attention*  the ability to focus on the things around you  
*attention deficit hyperactivity disorder (ADHD)*  a childhood mental disorder with onset before 7 years of age and involving impaired or diminished attention, impulsivity and hyperactivity  
*auto-immune disease*  a disease that results from an overactive immune response of the body against substances and tissues normally present in the body where the body attacks its own cells  
*autonomous*  being free to determine one’s own actions or behaviour  
*autonomous stage*  in relation to learning a skill, the stage when the focus is on the environment and not on the performance of the skill

**B**

*ballistic stretching*  bouncing or forcing stretches past a normal range of motion  
*basal metabolic rate*  the amount of energy used by the body while at rest  
*binge drinking*  drinking excessive amounts of alcohol regularly  
*binge eating*  consuming large amounts of food in a short period of time, especially as a symptom of bulimia  
*bisexual*  sexually attracted to both men and women  
*blood borne virus*  a virus that is carried in the blood and may cause severe disease in certain people and few or no symptoms in others and may spread from the carrier to another person, whether or not the carrier of the virus is ill  
*bulimia nervosa*  an eating disorder where large quantities of food are ingested at one time and then purged by self-induced vomiting
bulk-billing a payment option under the health system of universal health insurance in Australia
bureaucrat an official who is rigidly devoted to the details of administrative procedure

C.

caffeine a central nervous system stimulant found in tea, coffee, cola drinks and chocolate
callisthenics light exercises of gymnastic style that are designed to enhance muscle tone
capillaries small blood vessels that are the site of exchange of oxygen and carbon dioxide in the blood
carbohydrate a nutrient that provides energy for the body
carbohydrate loading a process that is used in an attempt to increase the level of stored muscle glycogen
carcinogenic capable of causing cancer
cardiac output the total amount of blood leaving the heart each minute
cardiorespiratory system the parts of the body directly related to the delivery of oxygen to working muscles; that is, heart, lungs, blood vessels and blood
cardioclastic disease damage or disease of the heart, arteries, veins and smaller blood vessels
catalyse a chemical that will cause a release of energy
cervical cancer a malignant cancer of the cervical area
colitis a sexually transmitted infection caused by a microorganism
circuit training a series of exercises where the exercises are undertaken one after another
cirrhosis a chronic progressive disease of the liver, often caused by drinking too much alcohol
classification method of sorting or categorising
closed skill a skill that is undertaken in a stable and predictable environment
cognitive mental processing of information, thinking and understanding
cognitive stage in relation to learning a skill, developing a mental picture of the skill
colonisation the act of populating (causing to live in a place)
commodity something that can be bought and sold
communicable disease a disease that has the ability to transmit infection from one person to another; also known as ‘contagious disease’
community a group of people with a common background or with shared health interests or issues within society
compartamentalise divide up or segment
competition a contest between individuals, groups or teams
current feedback feedback received during a movement
confidence an individual’s belief in his or her own ability
conflict resolution the process of attempting to resolve a dispute or a conflict
congenital anomaly birth defect
connectedness the quality and number of connections we have with other people in our social circle of family, friends and acquaintances
consistency the ability to repeat a movement

c

continuous motor skill a skill that repeats a set movement within them
continuous training performing a non-stop physical activity
contraception medication or prophylactic used for birth control
conventional medicine the practice of medicine using various sciences
cool-down the process of aiding recovery through slow movement and stretching
coordination the linking together of bodily movements in a flowing way
coping skill a behavioural tool that may be used by individuals to overcome adversity
coronary revascularisation surgery surgery to restore blood flow to the heart
creatine a naturally occurring substance that is found in meat and eggs and assists with short-term energy production
cryotherapy the use of very cold water or ice baths to assist in the recovery of muscles
cues signals that indicate the type and timing of the movements required
culture the elements or beliefs that define or characterise a group
curative relating to the cure of disease
curative service a service that helps to identify and treat physical symptoms or conditions
cyber-bullying bullying that is carried out through an Internet service, such as email, a chat room, a discussion room or instant messaging

d.
degradation a decline to a lower condition, quality or level
delayed feedback in relation to physical activity, feedback received following a movement
delusion a false belief strongly held in spite of invalidating evidence, especially as a symptom of mental illness, as in schizophrenia
dementia deterioration of intellectual abilities (such as memory, concentration and judgment) resulting from a disease or a disorder of the brain
detoxification a medically supervised treatment program for alcohol or drug addiction designed to purge the body of intoxicating or addictive substances; such a program is used as a first step in overcoming physiological or psychological addiction
diabetes a condition affecting the body’s ability to take glucose from the blood stream to use it for energy; also known as diabetes mellitus
diagnosis the identification of a condition, disease or injury made by evaluating the symptoms and signs presented by a patient

diagnostic serving to identify a particular disease
diplomatic tactful
direct sporting injury an injury caused through collision with an object or another person
disability-adjusted life year (DALY) one DALY is one year of ‘healthy life’ lost due to a disease or injury
discrete motor skill a skill that has a set beginning and ending point

d

delayed feedback

glossary
discrimination the unfair treatment of a person or group based on the sex, race, cultural origins, age, disability, etc. of the person or group
dislocation an injury to a joint whereby one bone is displaced from another
dispossession to take away possession or occupancy of something, especially property
distributed practice the practice of a skill across a number of sessions and not in a focused way
diversity recognition of the health needs of all community groups
domestic violence violence towards or physical abuse of one's spouse or domestic partner
drink-spiking the practice of adding alcohol or another substance to a person's drink (alcoholic or non-alcoholic) without that person's knowledge
duration the length of time the activity is undertaken for
dynamic stretching gentle repetition of movements
dysfunctional abnormal or impaired functioning, especially of a bodily system or social group
early prevention in relation to health conditions, targeting people displaying the early signs and symptoms of a condition
elastic resistance band a flat piece of elastic material used to develop strength
empathy the ability to sense and understand someone else's feelings as if they were one's own
emphysema a chronic pulmonary or lung disease often caused by exposure to toxic chemicals, including tobacco smoke
emperor to give power to an individual or group
enable to provide someone with the means or opportunity to do something
endorse promote a product or service
endurance the ability to repeat an activity without fatigue
energy the capacity or ability to perform work
environmental hazard any situation or state of events that poses a threat to the surrounding environment; the hazard may be chemical, physical, mechanical, biological or psychosocial
enzyme a chemical that assists the release of energy
equity to ensure resources and funding are distributed fairly and without discrimination
ergonomic something that assists work to occur
established criterion a list of requirements that need to be completed in order to achieve a positive evaluation
ethical acceptable standards based on beliefs and/or values
ethnicity a social group or category of the population that, in a larger society, is set apart and bound together by common ties of language, nationality or culture
exercise planned, structured physical activity completed to maintain or improve fitness
exploit to victimise or treat someone unfairly
externally-paced skill a skill that is performed at a time determined by the situation
fast-twitch muscle fibre a muscle fibre that contracts quickly but fatigues easily
feedback any information received about a performance
femininity characteristics commonly associated with the female gender
fibre a fibrous substance that helps the body digest food
fine motor skill a skill that uses small muscle groups to create movement
flexibility the range of motion around a joint
flexion a decrease in the angle between two bones
foetal of or relating to a foetus (unborn young from the end of the eighth week after conception to the moment of birth)
fracture a break in a bone
gestation the period of development in the uterus from conception until birth; pregnancy
goal-setting the setting of targets that an individual aims to achieve
gonorrhoea a sexually transmitted infection that if left untreated can lead to sterility
gross motor skill a skill that uses large muscle groups to create movement
growth deformity an abnormal growth pattern

haemoglobin the oxygen-carrying component of red blood cells
hallucination the experience of seeming to see something that is not really there
harass to irritate or torment persistently
hard tissue bones of the human body
harmony a state of peaceful agreement and cooperation
heart murmur an abnormal or extra heart sound
heart rate the number of times a heart beats per minute
hepatitis B a liver infection that is caused by a DNA virus and is transmitted by contaminated blood or blood products in transfusions, by sexual contact with an infected person or by the use of contaminated needles and instruments
hepatitis C a liver infection that is caused by an RNA virus and is transmitted primarily by contaminated blood and blood products (as in blood transfusions or intravenous drug use) and sometimes through sexual contact
HIV/AIDS human immunodeficiency virus/acquired immune deficiency syndrome; a disease of the human immune system
 holistic relating to an analysis of the whole rather than individual parts
homelessness the state or condition of having no home (especially the state of living on the streets)
homeostasis the regular or normal functioning of the body
homogenous all the same or of a similar kind or nature
homophobia irrational fear of and hostility towards homosexual people
homophobic someone who does not accept same-sex relationships
hospital separation the formal process by which a hospital records the completion of treatment and/or care for an admitted patient; includes completion due to discharge, death, transfer to another hospital or change in the type of care
human immunodeficiency virus (HIV) any of various strains of a retrovirus that causes AIDS by infecting the body’s immune system
human rights the basic rights and freedoms to which all humans are entitled
hybrid a mixture of two different things
hydrated a high level of fluid being held by the body
hydraulic resistance training training where resistance is a function of speed; performed in water or utilising special equipment
hydrotherapy the use of water to aid in the recovery process
hyperglycaemia a condition most commonly caused by diabetes mellitus; also known as high blood sugar
hypertension abnormally high blood pressure
hypertrophy the increasing size of a muscle
hypoglycaemia the medical term for a state produced by a lower than normal level of blood glucose
identity characteristics that make something unique or distinctive
immunise the process by which an individual's immune system is fortified against an agent, commonly via vaccination
incarceration the state of being imprisoned
indicator a mark or symptom that is specific to a condition or disease
indices an indication or sign
indirect sporting injury an injury caused through internal forces
influenza an infectious disease transmitted through the air by coughs or sneezes; commonly referred to as the 'flu'
infrastucture facilities
inhalant something that is inhaled
inherited factor a trait that is passed genetically from parents to children
integrity honesty
intensity how hard a physical activity is conducted
International Olympic Committee (IOC) the governing body of the Olympic Games
internationalise bring to a global audience, such as in sport
intersectoral action working with more than one sector of society to take action on a particular issue or concern of health
intersectoral collaboration the promotion and coordination of the activities of different sectors
interstitial lung disease a group of lung diseases that inflame the tissue between the air sacs of the lungs called the interstitium
intervention the act of intervening, especially to influence or alter a situation in some way (especially medical procedures or applications that are intended to relieve illness or injury)
intravenous administered into a vein as an injection
inverted U theory a theory that links over-arousal and under-arousal to poor performance
isokinetic a contraction where the muscle length changes throughout the contraction while under a uniform tension
isometric a contraction of a muscle that does not change length
isotonic a contraction of a muscle that changes length
K
kilojoule the unit of measurement for energy
kinaesthetic awareness the ability to interpret sensory information regarding body position
knowledge of performance (KP) feedback about a movement pattern
knowledge of results (KR) feedback received following an activity
lactic threshold the point at which lactic acid accumulates quickly in the blood
lactic acid a chemical formed when glucose is burnt without the presence of oxygen
legislation a proposed or enacted law or group of laws
lifestyle disease a disease or infirmity caused by the way the person chooses to live his or her life; for example, choosing to smoke can lead to lung cancer
lobby attempt to influence legislators on behalf of a particular interest
lung capacity the amount of air that can move in and out of the lungs in a breath
lymphatic system the body system that consists of organs, ducts and nodes; transports lymph around the body and contains and produces lymphocytes, which protect the body against viruses and bacteria
macronutrients nutrients that provide the body with energy, including fats, carbohydrates and protein
malalignment incorrect positioning
management in relation to a health condition, the specific treatment of a disease or disorder
marginalise to take or keep somebody away from the centre of attention, influence or power
marketable product an item or person that is popular and therefore in demand
masculinity characteristics commonly associated with the male gender
mass media the means of communication that reach large numbers of people, such as television, newspapers and radio
massage firm pressure applied to muscles during recovery
massed practice the continuous focus of practice on a particular skill
max VO₂  the maximum amount of oxygen that can be used by the body per minute
measurement  the process of applying a value to a movement
mediate  to intervene between two or more people or groups in dispute in order to bring about an agreement, a settlement or a compromise
Medicare  Australia’s system of health care that provides services that are accessible to all Australians
meditation  concentration on a word or phrase to aid relaxation
melanoma  a dark-pigmented, usually malignant tumour arising from a melanocyte (pigment cell) and occurring most commonly in the skin
mendingococcal infection  an infectious disease transmitted through the exchange of saliva; also known as meningitis
mental rehearsal  practice of a whole skill in the mind
metabolic rate  the rate at which heat is produced by an individual in a resting state
metabolism  chemical reactions that break down the food we consume into the energy we need to function
metaphor  a word or phrase that is a symbolic representation of characteristics or attributes
metropolitan area  urban area or city
micronutrients  nutrients that are only needed in very small amounts in the body, such as iron, iodine and vitamin A
minerals  those elements found in food that are important in cellular function
mobilisation  restoration of movement
motivation  the cause of a person to behave in a certain way
motor skills  the acts that occur when a physical activity is undertaken
muscle glycogen  a high-energy storage of glucose
muscular bulk  the total size of a muscle
muscular Christianity  the concept of developing Christian values and a healthy body through active participation in physical activity

naturopathy  a system of therapy that relies on natural remedies, such as sunlight supplemented with diet and massage, to treat illness
neonatal  relating to the first few weeks of a baby’s life
neoplasm  any abnormal formation or growth of tissue, such as a tumour
neural  anything associated with nerves within the body
neuromuscular  relating to both nerves and muscles
neuroticism  over-anxiety, over-sensitivity or obsession about everyday things
nomad  a person with no fixed residence who roams about; a wanderer
non-clinical survey  a survey that does not provide data on any type of medical treatment or testing
nutrients  components of food responsible for energy, growth and the control of bodily processes

nutrition  the food eaten by an individual
nutritional supplement  a substance that contains concentrated levels of nutrients

objective appraisal  evaluation that is independent of the observer’s judgment
obstetrics  the branch of medicine that deals with the care of women during pregnancy, childbirth and the recuperative period following delivery
occupational hazard  a health or safety hazard in the workplace environment
occupational health and safety  an area concerned with protecting the safety, health and welfare of people engaged in work or employment
oestrogen  female hormone
oncology  the branch of medicine that deals with tumours, including study of their development, diagnosis, treatment and prevention
open skill  a skill that is undertaken in a changing and unpredictable environment
oppositional defiant disorder (ODD)  a recurring pattern of negative, hostile, disobedient and defiant behaviour in a child or adolescent, lasting for at least six months without serious violation of the basic rights of others
optometry  the practice or profession of testing eyes for defects in vision and the prescribing of corrective glasses
orthopaedics  the branch of medicine that deals with the prevention or correction of injuries or disorders of the skeletal system and associated muscles, joints and ligaments
osteopathy  a system of healing that is based on the manipulation of bones or muscle
otitis media  a painful inflammation of the middle ear that can cause dizziness and temporary hearing loss
Ottawa Charter for Health Promotion  a World Health Organization document that represents a global approach to health promotion, outlines the prerequisites for health and aims to enable people to increase control over and improve their health
outpatient  a patient who visits a hospital for treatment but does not stay there overnight
overuse  in the case of a sporting injury, an injury caused by repetitive force on body structures

Parkinson’s disease  an incurable nervous disorder marked by the symptoms of trembling hands, lifeless face, monotone voice and a slow, shuffling walk
passive smoking  the inhalation of smoke from tobacco products used by others
pathology  the scientific study of the nature of disease and its causes, processes, development and consequences
perinatal  the period of time from about three months before birth to about one month after birth
personal judging criterion  evaluation criteria that are influenced by an individual’s feelings, emotions and expectations
personality disorder  any of a group of psychiatric disorders in which a person’s abnormal self-perception or ability to relate to others results in undesirable behaviours and interferes with normal social and emotional functioning

Pharmaceutical Benefits Scheme (PBS) an Australian Government program that subsidises to consumers the cost of certain prescription drugs

pharmacotherapy  the use of drugs to treat conditions, especially psychiatric disorders

pharmacy  preparing and dispensing drugs; a place where drugs are sold; a chemist

phosphocreatine (PC) a high-energy chemical used to resynthesise ATP

physical activity  movement opportunity

positive self-talk  giving oneself positive reinforcement, motivation and recognition

power  the ability to exert a force in a short period of time

practice  the rehearsal of a particular skill

precision  the degree of accuracy of a movement

predisposition  the state of being susceptible; easily affected

prejudice  dislike of certain people because they belong to a specific race, religion or group

prenatal  before birth; during pregnancy

prevention  in relation to a health condition, the management of those factors that could lead to disease so as to prevent the occurrence of the disease

professional  in a nineteenth-century context, a person who engaged in sport for profit or other gain; a term associated with the working class

progressive overload  increasing the load or effort during training

proprioception  the messages sent to the brain about the location of body parts

proprioceptive neuromuscular facilitation (PNF)  a stretching technique involving a static stretch, followed by an isometric contraction, followed by another static stretch

protective factor  a variable associated with the increased prevention of a disease or infection

protein  a nutrient used by the body for the growth and repair of muscles

psychiatric condition  a mental disorder or mental illness

psychoactive substance  a drug that can produce mood changes and distorted perceptions

psychological distress  the end result of factors that prevent a person from self-actualisation and connecting with ‘significant others’

psychology  the scientific study of mental processes and behaviour

psychosomatic  illnesses that are caused or greatly influenced by psychological factors, such as stress

radiology  the branch of medicine that deals with the use of radioactive substances in the diagnosis and treatment of disease

recommended daily intake (RDI)  the level of intake of essential nutrients considered adequate to meet the needs of a healthy person

reconciliation  the reestablishment of friendly relations; a political term emphasising the need to acknowledge the wrongs of the past

recovery  the process of restoring the body to its resting state

refugee  a person who has fled from some danger, such as war or political persecution

rehabilitation  the process whereby an athlete becomes physically and psychologically ready to return to play post injury

rehydrate  to restore fluid levels following physical activity

reinforcement  something that will encourage a behaviour to be repeated

relaxation  use of techniques to calm oneself

reliability  the ability of a test to be repeated accurately

repatriation hospital  a hospital that meets the needs of war veterans and their dependants

Repatriation Pharmaceutical Benefits Scheme (RPBS) an Australian Government program that provides certain pharmaceuticals and dressings at concession rates for the treatment of eligible veterans and war widows/widowers and their dependants

repetition maximum (RM)  the maximum number of repetitions that can be completed with a given resistance before fatigue becomes apparent

repetitions (reps)  the number of times an exercise is repeated without rest

resilience  the ability to respond positively to challenges and changes

resistance  something that works against a muscle contracting, such as weights

rest  the time necessary for the muscle to recover after a period of overload

resting heart rate  the number of time a heart beats while at rest

resynthesis  the process of recycling ADP into ATP

reversibility  the effects of detraining (losing benefits when training is interrupted)

risk factor  a variable associated with an increased risk of disease or infection

sanitation  the use of sanitary measures to maintain public health

saturated fat  a type of fat found in animal products (such as meat, milk and cheese) and in many processed foods (such as chocolate)

scar tissue  tissue that has become thick, fibrous and lacking in flexibility

scoliosis  curvature of the spine

self-concept  the mental image or perception that one has of oneself

self-efficacy  the belief that one can influence one’s own thoughts and behaviour

self-harm  a person’s behaviour that harms him or herself, including attempted suicide, self-mutilation, substance abuse or general risk-taking
self-identity  awareness of and identification with oneself as a separate individual
self-paced skill  a skill that is performed at a time determined by the individual
self-sufficiency  the state of not requiring any outside aid, support or interaction for survival
self-worth  the total of a person’s knowledge and understanding of his or her self
serial motor skill  a skill that requires a movement to follow the previous one
sets  the number of groups of repetitions of a particular exercise
sexploitation  marketing of an individual’s sexuality
sex-role socialisation  attitudes and beliefs deemed appropriate for each gender
slow-twitch muscle fibre  a muscle fibre that contracts slowly but has high endurance.
social disadvantage  adverse socio-economic characteristics that are distributed unequally by age, sex and ethnicity
social justice  making sure that everyone has choices about how they live and the means to make those choices
social justice framework  an approach based on the acknowledgment of broad, systematic societal inequities and oppression
soft tissue  structures of the human body other than bone, such as skin, ligaments, tendons and muscles
specificity  training that closely resembles the requirements of an activity
speed  the rate at which a movement is performed
sponsorship  an individual or organisation providing money or other goods/services to support an endeavour, generally in return for promotion or advertising
sport  structured, competitive physical activity
state anxiety  the anxiety felt as a result of a particular situation
static stretching  a muscle being held in a stretch for 10–30 seconds
stigma  an attempt to label a particular group of people as less worthy of respect than others
stigmatisation  the act of disapproving or condemning
Stolen Generations  the policy of forcibly removing Aboriginal and Torres Strait Islander children from their families and those affected by this policy
strength  the ability of a muscle to exert a force
stress  the response of a body when a demand is placed upon it
stretch reflex  when nerve endings cause a contraction of muscles to prevent them being overstretched
stroke volume  the amount of blood leaving the heart with each beat
sub-maximal  a level of exercise that can be maintained for an extended period of time
subjective appraisal  an evaluation that is influenced by the observer’s judgment
syphilis  a sexually transmitted disease that can be treated with antibiotics, but if left untreated can damage organs or bones or, in some cases, be fatal

task complexity  how many parts are contained within a movement
task organisation  the degree of relationship between the parts of a movement
telecommunications  communications using electronic equipment, such as telephones, radio and television
telemedicine  the use of modern technology to diagnose and treat some conditions
thrush  a contagious disease caused by a fungus
training threshold  the point at which a training benefit can be measured
trait anxiety  the level of anxiety generally felt by an individual
transmission  the passing of something, such as a disease, from one person to another
triglyceride  a type of fat compound used for energy
tuberculosis  an infectious disease caused by mycobacteria that attack the lungs but can also affect other parts of the body
validity  the degree to which a test measures what it is designed to measure
variety  changing training to maintain interest
vascular disease  blockage of the arteries
victim-blaming  holding the victim of a crime to be in whole or in part responsible for the crime committed against him or her
victimise  to single somebody out unfairly for punishment or ill-treatment
vilification  a rude expression intended to offend or hurt
visualisation  creating positive pictures of aspects of a performance in the mind
vitamins  organic compounds needed for growth, development and metabolism
warm-up  the preparation of the body for physical activity
Worksafe Australia  a national occupational health and safety advisory and information provider to Australian companies
xenophobia  hatred or fear of foreigners or strangers
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