



# PDHPE Senior Studies.

*Study the science of the health of Australians and how human movement principles can improve physical performance.*

**ATAR - BOARD DEVELOPED - CATEGORY A**

## About the Course

PDHPE is an integrated area of study that provides for the intellectual, social, emotional, physical, and spiritual development of students. It involves students learning about and practicing ways of maintaining active, healthy lifestyles and improving their health. It is also concerned with social and scientific understandings about movement, which lead to enhanced movement potential and appreciation of movement in their lives. [Find out more here.](#)

## What You Will Do

PDHPE is a theoretical-based ATAR subject that involves note-taking and extended response writing. Topics covered include Health Promotion, First Aid, and the body in motion. Assessment is through a variety of methods, including written, verbal and video submissions. Some practical sessions occur to reinforce classroom learning.

## Future Opportunities

PDHPE will support your future study in health and exercise areas to support careers such as nursing, GP, physiotherapy, sports coaching, PE teacher, gym supervision, and personal trainer.

