Holy Cross College
Year 11 PDHPE

Assessment Task # 1 - Transition & Personal Identity

<table>
<thead>
<tr>
<th>Assessment Task #:</th>
<th>Date Issued:</th>
<th>Date Due:</th>
<th>Weighting %</th>
<th>Total Marks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Task 1</td>
<td>Week 4, Term 1 2019</td>
<td>Week 10, Tuesday 2nd April, 2019</td>
<td>30%</td>
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</tbody>
</table>

SUBMISSION INSTRUCTIONS

Your submission should be presented in PDF form saved in your PDHPE Google Drive and emailed to your PDHPE teachers at the following email:

richard.kemp@syd.catholic.edu.au AND jenna.belcastro@syd.catholic.edu.au

This must be completed before 3:05 PM Tuesday 2nd April, 2019

CONTEXT (OR PURPOSE) FOR THE TASK

This task will enable you to develop your understanding of the first two key inquiry questions of the Year 11 core 1 Syllabus. It is essential that you use this task to build your knowledge and understanding regarding What health means to Individuals and the influences that affect the health of individuals.

TASK RUBRIC

● Students will be assessed on their ability to answer a written response based around the key inquiry questions:
  o What does health mean to Individuals?
  o What influences the health of Individuals
  
● Students should utilise the work they have studied for Dot Points 1-6 of the Preliminary PDHPE Syllabus: Better Health for Individuals

OUTCOMES BEING ASSESSED, GENERAL CAPABILITIES & CROSS CURRICULUM PRIORITIES

| P1 | identifies and examines why individuals give different meanings to health |
| P2 | explains how a range of health behaviours affect an individual's health |
| P3 | describes how an individual’s health is determined by a range of factors |
| P4 | evaluates aspects of health over which individuals can exert some control |
| P15 | forms opinions about health-promoting actions based on a critical examination of relevant information |
| P16 | uses a range of sources to draw conclusions about health and physical activity concepts |
THE TASK

Using both a self-reflection and the case study provided, develop a written response to the following essay question:

**What does health mean to Individuals and what influences the ability of individuals to obtain optimal health?**

- In your response to this question you need to:
  - develop an extensive comparison between yourself and the provided case study
  - Address the following syllabus areas:
    - Meanings of Health
    - Perceptions of Health
    - Health of Young People
    - Determinants of Health
    - The degree of control individuals can exert over their health
    - Health as a social construct

- Your essay should feature an Introduction, body section and conclusion and must be within a **2500 word limit** (10% either side of this limit)
- Your essay should aim to convey your answer throughout your writing by addressing the relevant syllabus dot points and using specific examples to make clear your point of view.
- Any information or data sourced within your response should be appropriately referenced and all sources included in a detailed bibliography.

CASE STUDY: Mick, 37, Male.

Mick is a Indigenous Australian male, aged 37 who lives in the Rural NSW town of Condobolin, 200km South West of Dubbo. Mick works as a Labourer for local builders and generally picks up 3-4 days of work per week at approx $150 a day.

Mick finished school in 1997 as a 15 Year old. He was in Year 10 at the time and had just completed his Year 10 school certificate. At this point, he had struggled in his schooling and started a Marijuana habit which still continues to this day. Mick has three children who live with his ex-wife that he financially supports when he can. This takes approximately 40% of his weekly earnings.

Mick’s father was a smoker, and his Mother died when he was 8 years old from a Road Accident attributed to drink-driving. He has struggled with alcoholism, gambling addiction and depression since his early teenage years.

- For useful information on the town of Condobolin, please use the following link [Australian Bureau of Statistics: Condobolin](https://www.abs.gov.au/
- For useful information regarding the health of Indigenous Australians to better form an understanding of Mick’s health status and perceptions of health, use the following link [https://www.healthdirect.gov.au/indigenous-health](https://www.healthdirect.gov.au/indigenous-health) this website also features other useful links to indigenous health.
### MARKING CRITERIA: (KNOWLEDGE AND UNDERSTANDING OUTCOMES) - 20 MARKS

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**B 6**

Student has presented a very highly developed written analysis of the meanings of health and influences over health affecting both themselves, and the individual in the case study. This has been done through demonstration of:
- Extensive examination into why individuals give different meanings to health.
- Extensive explanation into how a range of health behaviours affect an individual’s health.
- Extensive description of how an individual’s health is determined by a range of factors.
- Extensive evaluation of aspects of health in which individuals can exert some control.

**B 5**

Student has presented a highly developed written analysis of the meanings of health and influences over health affecting both themselves, and the individual in the case study. This has been done through demonstration of:
- Thorough examination into why individuals give different meanings to health.
- Thorough explanation into how a range of health behaviours affect an individual’s health.
- Thorough description of how an individual’s health is determined by a range of factors.
- Thorough evaluation of aspects of health in which individuals can exert some control.

**B 4**

Student has presented an adequately developed written analysis of the meanings of health and influences over health affecting both themselves, and the individual in the case study. This has been done through demonstration of:
- Sound examination into why individuals give different meanings to health.
- Sound explanation into how a range of health behaviours affect an individual’s health.
- Sound description of how an individual’s health is determined by a range of factors.
- Sound evaluation of aspects of health in which individuals can exert some control.

**B 3**

Student has presented a limited written analysis of the meanings of health and influences over health affecting both themselves, and the individual in the case study. This has been done through demonstration of:
- Basic examination into why individuals give different meanings to health.
- Basic explanation into how a range of health behaviours affect an individual’s health.
- Basic description of how an individual’s health is determined by a range of factors.
- Basic evaluation of aspects of health in which individuals can exert some control.

**B 2/B1**

Student has presented a very limited written analysis of the meanings of health and influences over health affecting both themselves, and the individual in the case study. This has been done through demonstration of:
- Elementary examination into why individuals give different meanings to health.
- Elementary explanation into how a range of health behaviours affect an individual’s health.
- Elementary description of how an individual’s health is determined by a range of factors.
- Elementary evaluation of aspects of health in which individuals can exert some control.
### MARKING CRITERIA: (SKILLS OUTCOMES) - 10 MARKS

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<tr>
<td><strong>B 6</strong></td>
<td>Student has conveyed a very high level competency in the ability to form opinions and draw conclusions from a wide range of sources regarding health. An extensive critical examination of the relevant information has been drawn together in a cohesive and well-sourced response to the task.</td>
</tr>
<tr>
<td><strong>B 5</strong></td>
<td>Student has conveyed a high level competency in the ability to form opinions and draw conclusions from a wide range of sources regarding health. A through critical examination of the relevant information has been drawn together in a cohesive and well-sourced response to the task.</td>
</tr>
<tr>
<td><strong>B 4</strong></td>
<td>Student has conveyed an adequate level competency in the ability to form opinions and draw conclusions from a range of sources regarding health. A sound critical examination of the relevant information has been drawn together in a sourced response to the task.</td>
</tr>
<tr>
<td><strong>B 3</strong></td>
<td>Student has conveyed a limited level competency in the ability to form opinions and draw conclusions from a wide range of sources regarding health. A basic examination of some of the relevant information has been drawn together in a response to the task that lacks elements of cohesion.</td>
</tr>
<tr>
<td><strong>B 2/B1</strong></td>
<td>Student has conveyed a very limited level competency in the ability to form opinions and draw conclusions from a sources regarding health. An elementary examination of information has been drawn together.</td>
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Student Self-Reflection of Assessment Task
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PERCEIVED GRADE:              ______

PERCEIVED TOTAL MARK:    ______ / 30

Teacher Comment
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KNOWLEDGE AND UNDERSTANDING GRADE:              ______

TOTAL MARK:    ______ / 20

SKILLS GRADE:

TOTAL MARK:    ______ / 10

ASSESSMENT 1 GRADE :   __________

TOTAL MARK :                      __________/ 25

Teacher's Signature

________________________________________________