**PE and Health Department Courses**

Health Level 1 HL101  
**Qualification:**18-24Credits toward NCEA (Level 1)  
**Course Description:**Working at Level 6 of the curriculum, topics such as caring for yourself and goal-setting, wellbeing, sexuality, relationships, communication, influences, drugs, personal identity and mental health.  
  
Health Level 2 HL201  
**Qualification:**18-24Credits toward NCEA (Level 2)  
**Recommendation:** Highly recommended to have completed NCEA Level 1 Health  
**Course Description:**Students work at Level 7 of the curriculum. Topics are similar to those in the Level 1 course but students are expected to analyse and develop strategies to enhance and promote healthy lifestyles. Students develop further understanding of values, stereotyping and look closely at promoting local community wellbeing.  
  
Health Level 3 HL301  
**Qualification:**Up to 24Credits toward NCEA (Level 3)  
**Course Description:**The course delivers content at Level 8 of the NZ curriculum.  Students investigate health issues that impact on NZ society and a contemporary international health issue will also be analysed.  A range of health practices currently used in NZ will be an interesting research area and ethical health issues in relation to well-being are also explored.  
  
Outdoor Education OE201  
**Qualification:**Credits towards NCEA Level 2  
**Recommendation:**A good level of fitness required  
**Commitment** **Requirements:**Attend a Year 9 Camp and a Year 10 Camp, as a Senior Student Leader. Attend multi-night trips as required for training and assessment purposes.  
**Course Description:**The course is designed to develop students’ communication, interpersonal and leadership skills. Outdoor pursuit skills will be taught and unit standards used to assess students’ knowledge and competence in a range of contexts. Topics will be chosen from the following: Tramping, Camping, Navigation, Weather Interpretation, Risk Management, Kayaking and Alpine Pursuits.  
This course is open to Year 11, 12 and 13 students. Places are limited to 11 maximum and selection will be made by the TIC of OE should interest in the course be over-subscribed.  
**Note:**Students who enter this course are likely to miss lessons in their other subjects whilst away on trips.  
  
Physical Education Level 1  PE101  
**Qualification:**Credits toward NCEA Level 1  
**Course Description:**Students will have the opportunity to explore and demonstrate movement in a variety of physical activities. Students will look closely at how the body functions as it relates to performance of physical activity. The course consists of practical and theory components which also draw out sporting achievement, personal fitness, and inter-personal skills associated with team sports and media issues. Elements of effective coaching may also be studied.  
  
Physical Education Level 2 PE201  
**Qualification:**Credits toward NCEA Level 2  
**Course Description:**The Physical Education course is a balance of Practical/Theory covering all aspects of Physical Education. It includes compulsory core work covering Functional Anatomy, Exercise Physiology, Motor Skill Learning, Biomechanics, Health-Related Fitness, Leadership and practical modules of sports and coaching.  
  
Physical Education Level 3 PE301  
**Qualification:**Credits toward NCEA (Level 3)  
**Recommendation:**Interview with HOD if you have not achieved more than 12 credits at NCEA Level 2 PE  
**Course Description:**Physical Education at NCEA Level 3 involves a large portion of theory work. Purely practical standards are limited to one Achievement Standard (4 credits). Students critically evaluate exercise programmes, case studies and intervention programmes. Students are expected to complete a large proportion of work outside of class time.  
  
Recreational Pursuits Level 3 RP301  
**Qualification:**Offers up to 16 Credits toward NCEA (Level 3)  
**Recommendation:** A base level of fitness and an attitude to being highly active required.  
**Information:** Mr Jar  
**Costs**: $50.00 (hire of specialist venues) **plus** an additional $100.00 if you elect to go on the two field trips.  
**Course Description:** Recreational Pursuits is aimed at students experiencing and learning about a range of recreational activities which may include; Fitness Circuit Training, Golf, Tennis, Lawn Bowls and Squash. The course is themed with modules based on Sport Coaching, Group Exercise Instruction, Recreation and Outdoor Education. Personal performance improvement is a targeted area where the students will train for and may compete in a half marathon. Students will also be expected to run a range of recreational activities for specific groups.  Fifteen hours of non-classroom time is to be dedicated to coaching of a team / individual.  Exploring our backyard is also a theme which is met by the module of Preparing for, and completing an Expedition. lment.