

VCE Health and Human Development

Exam Planner

*Your guide for exam goal-setting,
preparation and success.*



© 2020 Connect Education
Not for external distribution or posting on extranets.

Subject: Health

EXAM DATE

GOAL

Topic: Understanding health and wellbeing	Do I have it in my notes?	Note-making deadline	Memorising deadline
Concepts of health and wellbeing (including physical, social, emotional, mental and spiritual dimensions) and illness, and the dynamic and subjective nature of these concepts			
Benefits of optimal health and wellbeing and its importance as a resource individually, nationally and globally			
Prerequisites for health as determined by the WHO including peace, shelter, education, food, income, a stable eco-system, sustainable resources, social justice and equity			
Indicators used to measure and understand health status: incidence, prevalence, morbidity, burden of disease, disability-adjusted life year (DALY), life expectancy, health-adjusted life expectancy (HALE), mortality (including maternal, infant and under 5) and self-assessed health status			
Health status of Australians and the biological, sociocultural and environmental factors that contribute to variations between population groups including:			
– Males and females			
– Indigenous and non-Indigenous			
– high and low socioeconomic status			
– Those living within and outside of Australia's major cities			
The contribution to Australia's health status and burden of disease of smoking, alcohol, high body mass index, and dietary risks (under-consumption of vegetables, fruit and dairy foods; high intake of fat, salt and sugar; low intake of fibre and iron).			

Topic: Promoting health and wellbeing	Do I have it in my notes?	Note-making deadline	Memorising deadline
Improvements in Australia's health status since 1900 and reasons for these improvements, focusing on policy and practice relating to:			
– 'old' public health			
– The biomedical approach to health and improvements in medical technology			
– Development of 'new' public health including the social model of health and Ottawa Charter for Health Promotion			
– The relationship between biomedical and social models of health			
Australia's health system, including Medicare, private health insurance, the Pharmaceutical Benefits Scheme and the National Disability Insurance Scheme, and its role in promoting health in relation to funding, sustainability, access and equity			
The role of health promotion in improving population health, focusing on one of: smoking, road safety, or skin cancer, including:			
– Why it was/is targeted			
– Effectiveness of the health promotion in improving population health			
– How the health promotion reflects the action areas of the Ottawa Charter for Health Promotion			
Initiatives introduced to bring about improvements in Indigenous health and wellbeing in Australia and how they reflect the action areas of the Ottawa Charter for Health Promotion			
Initiatives to promote healthy eating in Australia including Australian Dietary Guidelines and the work of Nutrition Australia, and the challenges in bringing about dietary change.			
Topic: Health and wellbeing in a global context	Do I have it in my notes?	Note-making deadline	Memorising deadline
Characteristics of high- , middle- and low-income countries			
Similarities and differences in health status and burden of disease in low- , middle- and high-income countries, including Australia			

Factors that contribute to similarities and differences in health status and burden of disease, including access to safe water; sanitation; poverty; inequality and discrimination (race, religion, sex, sexual orientation and gender identity); and global distribution and marketing of tobacco, alcohol and processed foods			
The concept and dimensions of sustainability (environmental, social, economic) and its role in the promotion of health and wellbeing			
The concept of human development, including advantages and limitations of the Human Development Index			
Implications for health and wellbeing of global trends including:			
– Climate change (rising sea levels, changing weather patterns and more extreme weather events)			
– Conflict and mass migration			
– Increased world trade and tourism			
– Digital technologies that enable increased knowledge sharing.			
Topic: Health and the Sustainable Development Goals	Do I have it in my notes?	Note-making deadline	Memorising deadline
Rationale and objectives of the UN's SDGs			
Key features of SDG 3 'Ensure healthy lives and promote wellbeing for all at all ages'			
Relationships between SDG 3 and SDGs 1, 2, 4, 5, 6 and 13 that illustrate collaboration between the health sector and other sectors in working towards health-related goals			
Priorities and work of the WHO			
The purpose and characteristics of different types of aid including emergency, bilateral and multilateral			

Features of Australia's aid program including its priority areas and the types of partnerships involved			
The role of non-government organisations in promoting health and wellbeing, and human development			
Features of effective aid programs that address the SDGs, and examples of effective implementation, with details of one such program including:			
- its purpose and the SDG/s addressed			
- details of implementation and the partnerships involved			
- contribution to promoting health and wellbeing, and human development			
Ways in which individuals can engage with communities and/or national and international organisations to take social action that promotes health and wellbeing.			

Practice Schedule

PRACTICE EXAM	DEADLINE
Practice Exam 1	
Practice Exam 2	
Practice Exam 3	
Practice Exam 4	
Practice Exam 5	
EXAM DATE:	

› Congratulations!

You're ready! Now relax and think about how good it will feel leaving the exam room knowing the hard work has paid off. Congratulations and good luck (not that you need it)!



www.connectededucation.education

hello@connectededucation.com.au

1300 667 945