



PDHPE Year 10

Orange High School

Health Promotion – Assessment Task



Assessment Outline

Today we are faced with many choices, all of which affect our health in some way, sometimes positively and sometimes negatively. When our choices are positive, we reap the rewards of improved quality of life. If our choices are negative, we suffer from poor health related issues. Health Promotion exists to educate people in an attempt to improve decision-making and minimise their risk taking behaviour regarding health issues. By achieving this, the health of the population can improve one person at a time.

For your assessment, you are required to complete the following 2 sections.

Part A – Identifying the influences on a specific youth-related health issue.

Choose a **specific youth-related health issue prevalent in Orange and provide evidence** to support your choice (newspaper article, council meeting minutes, local news segment). Explain how the range of influences (such as individual, socio-cultural, economic and environmental.) can impact on an individual's ability to behave in healthy and safe ways.

Part B – Proposing a Health Promotion strategy to address a local need.

Write an email to Orange City Councillor for youth and communities services. In your email, identify a specific health issue that you feel is prevalent for Orange's youth and present a health promotion strategy to address it.

Your email is to include the following:

- i) An opening greeting and some information about yourself.
- ii) A description of what you are studying in PDHPE at Orange High School and why you are sending this email
- iii) A description of your specific health issue and why you believe it to be an issue for youths in Orange. Use of any data or examples would be beneficial in this section (Newspaper article etc.)
- iv) A detailed description of your health promotion strategy. This is to include what it is, how it would be implemented (individual and community strategies) and anticipated exposure and impact on the youths of Orange.
- v) Justify your Health Promotion strategy. In other words, explain why you think it would be effective.
- vi) Thank the Councillor for their time and sign off.

Delivery: You are to complete both parts of this assignment and submit via Edmodo.

Weighting: 40%

Due Date: Tuesday Week 9 Term 3

Outcomes Assessed:

- 5.7 A student analyses influences on health decision-making and develops strategies to promote healthy and safe behaviours.
- 5.8 Critically analyses health information, products and services to promote health



Health Promotion Assessment Task - Marking Criteria

Part A: Identifying the influences on a specific youth-related health issue.	F 0	E 1	D 2-3	C 4-6	B 7-9	A 10	GRADE AWARDED
Identify a specific youth-related health issue. Provide evidence to support your choice of youth-related health issue.	Not attempted	Identified issue is not a specific youth-related issue nor is it relevant to the orange community.	Identified issue is a youth-related health issue. However, the issue is not prevalent in the Orange community. Has not been supported with evidence.	Identified issue is youth-related and prevalent in the Orange community. Evidence provided is poor and vaguely supports the issue identified.	Identified issue is youth-related and prevalent in the Orange community. Supporting evidence is specific but too brief.	Identified youth-related health issue is highly prevalent in the Orange community. Issue is well supported with specific evidence in the form of an article, statistical data or council communications.	
Explain how the range of influences can impact on an individual's ability to behave in healthy and safe ways.	Not attempted	Little or no attempt has been made to identify and link the influences on health decision-making and risk behaviour to the issue.	Some influences on health decision-making and risk behaviour have been identified and loosely linked to the issue.	The influences on health decision-making and risk behaviour have been identified and linked soundly to the identified issue.	The influences on health decision-making and risk behaviour have been thoroughly explained and successfully linked to the identified issue.	You have evaluated the influences on and consequences of health decision-making and displayed an extensive understanding of the links between them and the identified youth health issue.	
<u>Comment:</u>						<u>Part A Grade:</u>	
						<u>Part B Grade:</u>	
						<u>Overall Grade:</u>	/40
						<u>Penalties:</u>	

Part B: Proposing a Health Promotion strategy to address a local need.	F 0	E 1	D 2	C 3	B 4	A 5	GRADE
Email has been written using the format listed in the Assessment Outline.	Not attempted	The email has been poorly structured and reflects an elementary literacy level. Many spelling and grammatical mistakes are prevalent and little or no attempt has been made to use the structure mentioned in the assessment outline.	The email includes spelling and grammatical errors and is missing 1 or more specified structural components.	The email has been soundly completed following the specified structure. Minor spelling and grammatical errors are evident.	The email has followed the specified structure thoroughly. Minor spelling or grammatical errors are evident but do not affect the overall quality of the email.	All specific details listed in the assessment outline have been included in the email in a logical sequence. The grammar and spelling included in the email reflects exceptional literacy skills. The email is of professional document quality.	
Description of the specific health issue and why you believe it to be an issue for youths in Orange	Not attempted	The description of the specific health issue is elementary. It is largely incorrect and is not supported by evidence.	The description of the specific health issue is basic. Little or no evidence is provided to support your choice of health issue.	The description of the specific health issue is sound. Your support and argument for why you think it is an issue is minimal.	The description of the specific health issue is thorough. Your analysis and explanation of why it is an issue for Orange youths is well supported by documentation.	The description of the specific health issue is extensive. Your knowledge of the health issue and your argument to support your choice is outstanding.	
Detailed description of your health promotion strategy.	Not attempted	An elementary description of your health promotion strategy has been provided. The strategy is poor, disjointed and will have little to no impact on the targeted group. Your health promotion strategy is ineffective.	A basic description of your health promotion strategy has been provided. The strategy is vague, poorly conceived and will have little impact on Orange's youths.	A sound description of your health promotion strategy has been provided. It is completed with minimal detail and the effectiveness of the strategy is unclear and weak.	A thorough description of your health promotion strategy has been provided. However, it is lacking minor detail that impacts on the effectiveness of the strategy.	An extensive description of your health promotion strategy has been provided. It clearly outlines and explains individual and community strategies, anticipated exposure and impact on Orange youths.	
Justification of Health Promotion strategy.	Not attempted	The justification of your health promotion strategy has not been achieved.	The justification of your health promotion strategy is ineffective and vague. It demonstrates a basic level of understanding of the youth health issue. It also reduces the relevance of your health promotion strategy.	The justification of your health promotion strategy is effective. It demonstrates sound understanding of the youth health issue. It also helps to support the relevance and effectiveness of your health promotion strategy.	The justification of your health promotion strategy is effective. It demonstrates a thorough understanding of the youth health issue. It also supports the relevance and effectiveness of your health promotion strategy.	The justification of your health promotion strategy is highly effective and influential. It demonstrates extensive knowledge and understanding of the youth health issue. It also highlights the relevance and effectiveness of your health promotion strategy.	