

## PUBH1030: Foundation Studies in K-6 PDHPE

Ourimbah

Semester 1 - 2024



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

## OVERVIEW

**Course Description** This course aims to provide students with a broad and critical understanding of the study of personal development, health and physical education (PDHPE). It provides a foundation and context for future study and courses in the theory and practice of teaching the PDHPE syllabus in primary school years. The course introduces future teachers to the nature and role of PDHPE and use of a whole-school approach to promote health and wellbeing, with a focus on contemporary PDHPE issues.

**Academic Progress Requirements** Nil

**Assumed Knowledge** Students come to this course with a variety of academic and life experiences. While some students will have studied the HSC 2 Unit Personal Development, Health and Physical Education course, the majority, including mature-age students, will not have. Thus we have taken the Year 10 PDHPE syllabus level of knowledge to be the starting point for this course. We respect and value the different experiences that mature-age students bring to the course and consider that they are not disadvantaged by this decision.

**Contact Hours**

**Ourimbah**

**Lecture**  
Online  
1 hour(s) per week(s) for 12 week(s)

**Self-Directed Learning**  
Online  
2 hour(s) per week(s) for 2 week(s)

**Tutorial**  
Face to Face On Campus  
2 hour(s) per week(s) for 10 week(s)

**Unit Weighting** 10

**Workload** Students are required to spend on average 120-140 hours of effort (contact and non-contact) including assessments per 10 unit course.

# COURSE OUTLINE

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# CONTACTS

## Course Coordinator & PDH Strand Coordinator

**Callaghan**  
**Dr Natalie Johnson**  
[Natalie.Johnson@newcastle.edu.au](mailto:Natalie.Johnson@newcastle.edu.au)  
(02) 4042 0552

### Consultation:

Natalie is available via email during business hours. If you would prefer to meet with Natalie in-person or speak with her on the telephone, please contact her via email in the first instance to arrange a time.

## PE Strand Coordinator

**Callaghan**  
**A/Prof Narelle Eather**  
[Narelle.Eather@newcastle.edu.au](mailto:Narelle.Eather@newcastle.edu.au)  
(02) 4921 6232  
ATC Building Room 305

### Consultation:

Narelle is available via email during business hours. If you would prefer to meet with Narelle in-person or speak with her on the telephone, please contact her via email in the first instance to arrange a time.

## Teaching Staff

Other teaching staff will be advised on the course Canvas site.

## School Office

**School of Medicine and Public Health**  
**Education Office**  
[HBS@newcastle.edu.au](mailto:HBS@newcastle.edu.au)  
(02) 4042 0550

### Consultation:

As we are the first point of contact for students in a number of courses, it is important to include the course code in the subject line of your email (e.g. PUBH1030 – Callaghan) and your student number in the body of the email.

If you telephone and there is no answer, please leave a message describing the reason for your call, your contact details and the course code.

# SYLLABUS

## Course Content

The discipline of PDHPE, concepts of health and public health, health status of the Australian population with a focus on primary-school aged children, the Health Promoting Schools Framework, road safety, mental health, resilience, drug education, harm minimisation, nutrition, obesity, sexuality education, child protection education, physical education and sport in primary schools, benefits of physical activity and skill acquisition, active lifestyle, games and sports, motor skill learning and assessment, gymnastics, dance, quality teaching.

## Course Learning Outcomes

### On successful completion of this course, students will be able to:

1. Describe the health of the Australian population, importance of the Personal Development, Health and Physical Education (PDHPE) key learning area and content in the PDHPE syllabus;
2. Explain current philosophies and theories which underpin the key learning area of PDHPE, including the Health Promoting Schools Framework;
3. Outline current research in PDHPE and understand its relevance to developing evidence-based teaching practice;
4. Demonstrate the ability to plan and implement effective age appropriate physical education sessions;
5. Demonstrate the ability to find information regarding the health of the population, primary school-aged children in particular and communicate this information using discipline specific terminology and referencing conventions.

# ASSESSMENTS

This course has 5 assessments. Each assessment is described in more detail in the sections below.

	Assessment Name	Due Date	Involvement	Weighting	Learning Outcomes
1	Online Learning Activity (PDH Strand)	Week 3 Monday 11 March 2024 by 11.59PM	Individual	10%	1, 2, 3, 5
2	Public Health Photo Report (PDH Strand)	Week 5 Wednesday 27 March 2024 by 11.59PM	Group	20%	1, 2, 3, 5
3	Session Plan (PE Strand)	Week 13 During PE Tutorial	Group	15%	3, 4
4	Presentation (PE Strand)	Week 13 During PE Tutorial	Individual	15%	3, 4
5	Examination	Online Formal exam held in the Examination Period 11 June 2024 to 22 June 2024	Individual	40%	1, 2, 3

## Late Submissions

The mark for an assessment item submitted after the designated time on the due date, without an approved extension of time, will be reduced by 10% of the possible maximum mark for that assessment item for each day or part day that the assessment item is late. Note: this applies equally to week and weekend days.

## Please note:

- 1) Students must complete ALL assessment tasks worth >10% of the final grade, which includes the final examination, to be eligible for a “Pass” grade, or higher, in this course.**
- 2) Applications for special consideration due to adverse circumstances must be made using the online Adverse Circumstances system where the assessment task is worth >10% of the final grade in this course.**
- 3) Artificial Intelligence (AI) is not to be used to complete assessments.**

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## Assessment 1 - Online Quiz (PDH Strand)

<b>Assessment Type</b>	Online Learning Activity
<b>Description</b>	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
<b>Weighting</b>	10%
<b>Due Date</b>	Week 3 – Monday 11 March 2024 by 11.59PM
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online

## Assessment 2 - Public Health Photo Report (PDH Strand)

<b>Assessment Type</b>	Written Assignment
<b>Description</b>	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
<b>Weighting</b>	20%
<b>Due Date</b>	Week 5 – Wednesday 27 March 2024 by 11.59PM
<b>Submission Method</b>	Online
<b>Assessment Criteria</b>	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
<b>Return Method</b>	Online
<b>Feedback Provided</b>	Online

## Assessment 3 - Session Plan (PE Strand)

<b>Assessment Type</b>	Written Assignment
<b>Description</b>	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
<b>Weighting</b>	15%
<b>Due Date</b>	Week 13 - During PE Tutorial
<b>Submission Method</b>	In Class
<b>Assessment Criteria</b>	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
<b>Return Method</b>	In Class
<b>Feedback Provided</b>	In Class

## Assessment 4 - Presentation (PE Strand)

<b>Assessment Type</b>	Presentation
<b>Description</b>	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
<b>Weighting</b>	15%
<b>Due Date</b>	Week 13 - During PE Tutorial
<b>Submission Method</b>	In Class
<b>Assessment Criteria</b>	Please refer to the Course Information Book on Canvas for the Assessment Criteria.
<b>Return Method</b>	In Class
<b>Feedback Provided</b>	In Class

## Assessment 5 - Examination

<b>Assessment Type</b>	Formal Examination
<b>Description</b>	Please refer to the Course Information Book on Canvas for more information regarding this assessment.
<b>Weighting</b>	40%
<b>Due Date</b>	Online Formal exam held in the Examination Period 11 June 2024 to 22 June 2024
<b>Submission Method</b>	Online
<b>Return Method</b>	Online Formal Exam covering both PDH & PE Strands
<b>Feedback Provided</b>	Not Returned No Feedback

# ADDITIONAL INFORMATION

## Grading Scheme

This course is graded as follows:

Range of Marks	Grade	Description
85-100	High Distinction (HD)	Outstanding standard indicating comprehensive knowledge and understanding of the relevant materials; demonstration of an outstanding level of academic achievement; mastery of skills*; and achievement of all assessment objectives.
75-84	Distinction (D)	Excellent standard indicating a very high level of knowledge and understanding of the relevant materials; demonstration of a very high level of academic ability; sound development of skills*; and achievement of all assessment objectives.
65-74	Credit (C)	Good standard indicating a high level of knowledge and understanding of the relevant materials; demonstration of a high level of academic achievement; reasonable development of skills*; and achievement of all learning outcomes.
50-64	Pass (P)	Satisfactory standard indicating an adequate knowledge and understanding of the relevant materials; demonstration of an adequate level of academic achievement; satisfactory development of skills*; and achievement of all learning outcomes.
0-49	Fail (FF)	Failure to satisfactorily achieve learning outcomes. If all compulsory course components are not completed the mark will be zero. A fail grade may also be awarded following disciplinary action.

\*Skills are those identified for the purposes of assessment task(s).

## Attendance

Attendance/participation will be recorded in the following components:

- Tutorial (Method of recording: Hard copy and online)

**There is a compulsory attendance requirement in this course.** All students (commencing and continuing) must participate in 80% of the face to face (or zoom equivalent) tutorial sessions in this course. Commencing students are those who have commenced study at the University of Newcastle for the first time in 2023. Continuing students are those who have studied previously, either in an enabling program or any undergraduate or postgraduate program.

**NOTE:** Full attendance at the practical workshops in the Physical Education strand is expected. **Students who miss TWO (2) or more of the practical PE tutorials will be deemed as 'at-risk' of failing. See Course Information book for details.**

## Communication Methods

Communication methods used in this course include:

- Face to Face: Communication will be provided via face to face meetings or supervision.
- Canvas Course Site: Students will receive communications via the posting of content or announcements on the Canvas course site.
- Email: Students will receive communications via their student email account.

## Course Evaluation

Each year feedback is sought from students and other stakeholders about the courses offered in the University for the purposes of identifying areas of excellence and potential improvement.

## Oral Interviews (Vivas)

As part of the evaluation process of any assessment item in this course an oral examination (viva) may be conducted. The purpose of the oral examination is to verify the authorship of the material submitted in response to the assessment task. The oral examination will be conducted in accordance with the principles set out in the [Oral Examination \(viva\) Procedure](#). In cases where the oral examination reveals the assessment item may not be the student's own work the case will be dealt with under the [Student Conduct Rule](#).

**Academic Misconduct** All students are required to meet the academic integrity standards of the University. These standards reinforce the importance of integrity and honesty in an academic environment. Academic Integrity policies apply to all students of the University in all modes of study and in all locations. For the Student Academic Integrity Policy, refer to <https://policies.newcastle.edu.au/document/view-current.php?id=35>.

**Adverse Circumstances** The University acknowledges the right of students to seek consideration for the impact of allowable adverse circumstances that may affect their performance in assessment item(s).

Applications for special consideration due to adverse circumstances will be made using the online Adverse Circumstances system where:

1. the assessment item is a major assessment item; or
2. **the assessment item is a minor assessment item and the Course Co-ordinator has specified in the Course Outline that students may apply the online Adverse Circumstances system (see above);**
3. you are requesting a change of placement; or
4. the course has a compulsory attendance requirement.

Before applying you must refer to the Adverse Circumstance Affecting Assessment Items Procedure available at:

<https://policies.newcastle.edu.au/document/view-current.php?id=236>

**Important Policy Information** The Help button in the Canvas Navigation menu contains helpful information for using the Learning Management System. Students should familiarise themselves with the policies and procedures at <https://www.newcastle.edu.au/current-students/respect-at-uni/policies-and-procedures> that support a safe and respectful environment at the University.

*This course outline was approved by the Head of School. No alteration of this course outline is permitted without Head of School approval. If a change is approved, students will be notified and an amended course outline will be provided in the same manner as the original.*

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