

# SPRT 3024 CONTEMPORARY YOUTH HEALTH

**Credit Points** 10

**Coordinator** Nicki Taylor ([https://directory.westernsydney.edu.au/search/name/Nicki Taylor/](https://directory.westernsydney.edu.au/search/name/Nicki%20Taylor/))

**Description** The subject explores contemporary health related to young people. Students will examine a range of topics from a multidisciplinary approach, which include the social, cultural, political and biological factors that influence and construct young people's lives and health. When considering and analysing the influences and contexts, students will be able to gather resources and develop diverse and meaningful strategies that will assist young people to promote health practices.

**School** Health Sciences

**Discipline** Sport and Recreation, Not Elsewhere Classified.

**Student Contribution Band** HECS Band 4 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

## Restrictions

Students must be enrolled in 4741 - Bachelor of Sport Development, 4742 - Bachelor of Health and Physical Education (Pathway to Teaching Education), 4747 Bachelor of Health Science (Health and Physical Education), 4791 Bachelor of Health and Physical Education (Pathway to Teaching Secondary), 4792 Bachelor of Health and Physical Education, 6000/6001 Diploma in Health Science/Bachelor of Health Science (Health and Physical Education) or 4656 B Health Science.

## Learning Outcomes

1. Appraise the health conditions and social challenges that impact young people in Australia
2. Investigate the ways social and cultural contexts influence the lives of young people
3. Critically explore matters such as diversity, social class, gender, sexuality, and ethnicity in relation to young people's health status, knowledge, and practices
4. Develop skills in collecting and critically analysing data
5. Identify and critique resources and platforms that promote and support young people's health

## Subject Content

1. Characteristics and trends in young people's health
2. Social and cultural influences on young people's health
3. Young people's health and their bodies
4. Youth mental health and well-being
5. Youth risk taking and safety
6. Gender, sexuality and sexual health
7. Planetary Health
8. Food and nutrition
9. Youth engagement in community health
10. Respectful relationships and consent
11. Digital citizenship and youth health
12. Diversity and inclusion in health education

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/Group Task
Report	1 500 words	30	N	Individual
Presentation	20 minutes	30	N	Group
End-of-session Exam	60 minutes	40	N	Individual

Teaching Periods

## Autumn (2023)

### Penrith (Kingswood)

#### Hybrid

**Subject Contact** Nicki Taylor ([https://directory.westernsydney.edu.au/search/name/Nicki Taylor/](https://directory.westernsydney.edu.au/search/name/Nicki%20Taylor/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=SPRT3024\\_23-AUT\\_KW\\_3#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=SPRT3024_23-AUT_KW_3#subjects))