

How healthy are Australians?

1.1 Current health status of Australians

- What the data tells us
- Causes of morbidity and mortality, and the life expectancy
- Sociological causes of risky health behaviours
- Where inequities exist and what can be done

1.2 Groups experiencing inequities in health

- What the data tells us
- How determinants interact to affect the health of population groups
- Causes that underpin the inequities in health
 - Impacts of colonisation on Aboriginal and Torres Strait Islander Peoples
- Actions to improve the health status of these groups

1.3 Health status of Australia compared with other OECD countries

- Australia's ranking relative to other OECD countries
- Reasons for this ranking
- Why some countries rank higher or lower than Australia
- Lessons from other countries for the Australian context

1.4 Cardiovascular disease, cancer and ONE other condition in Australia

- Mortality, morbidity, prevalence and incidence rates of these conditions
- Risk and protective factors for these conditions
- Where and for whom these conditions are changing

1.5 Impact of an ageing population on Australia's health

- What the data tells us
- Healthy ageing
- Opportunities and challenges for an ageing population
- Current and future strategies to support healthy ageing
- Government and non-government considerations for a growing and ageing population

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How does Australia's healthcare system work towards achieving better health for all Australians?

2.1 Effectiveness of the healthcare system in Australia

- Role of the healthcare system
- Equity of access to the healthcare system
- Future opportunities for the healthcare system
 - Rural and remote locations
 - Aboriginal and Torres Strait Islander Peoples
 - Individuals with disability

2.2 Shared responsibility of government and non-government organisations for the health system

- Federal, state and territory and local government
- Non-government sector – private and not-for-profit

2.3 Collaboration to provide person-centred healthcare

- Collaboration to provide person-centred healthcare

2.4 Health expenditure and its impact on current and future populations

- Healthcare versus prevention
- Sustainability, access and equity
- Medicare, private health insurance and related Commonwealth-funded programs
 - National Disability Insurance Scheme (NDIS)
 - My Aged Care

2.5 Complementary healthcare approaches

- Products and services available
 - Health apps and websites
 - Naturopathy
- As a preventative measure
- Treating the health issue
- As a supplement to other medical treatments

2.6 Importance of being a critical health consumer

- Knowing whom to believe
- Making informed decisions
- Assessing accuracy and credibility of health information, products and services

2.7 Current and emerging changes and challenges to the healthcare system

- Privatisation
- Function of hospitals

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How is the growing and changing use of technology and data impacting Australia's healthcare system?

3.1 Relationship between technology and health

- Measuring
- Monitoring
- Early diagnosis
- Precision surgery

3.2 New technologies and treatments in the healthcare system

- Health apps
- Artificial intelligence
- Assistive technology

3.3 Impact of digital health on the healthcare system

- What digital health is
- Services that exist
- Success of digital health in connecting health information
- Challenges and opportunities for individuals and organisations

3.4 How big data is shaping the health of Australians

- How big data is being used
- Reducing healthcare spending
- Curing and managing diseases
- Measures to ensure privacy and confidentiality of personal information

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What actions are needed to promote and improve the health of Australians?

4.1 Key features of the Sustainable Development Goals (SDGs)

- SDG 3: Good Health and Wellbeing
- SDG 4: Quality Education
- SDG 10: Reduced Inequalities
- SDG 11: Sustainable Cities and Communities

4.2 Application of SDGs 3, 4, 10 and 11 to improve a community's health status

- How these goals have been applied in other communities
 - Healthy Cities Illawarra
- Lessons from other communities for their own context
- Major health issues for a community
- Strategies to advocate and improve a community's health status
- Determining whether strategies may be effective



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How can exercise assessment and prescription be personalised?

5.1 Pre-exercise questionnaires and health screening

- Pre-exercise questionnaires and health screening

5.2 Performance/fitness testing for recreational participants and elite athletes

- Yo yo test
- Wingate test

5.3 Exercise assessment for developing training programs

- Exercise assessment for developing training programs



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How does training influence movement and performance?

6.1 Types of training and training methods

- Anaerobic training, including anaerobic interval, High Intensity Interval Training (HIIT), Sprint Interval Training (SIT), plyometric, and resistance training
- Aerobic training, including continuous, fartlek, aerobic interval, and circuit training
- Flexibility training, including static, dynamic, ballistic, and Proprioceptive Neuromuscular Facilitation (PNF)
- Strength training, including free/fixed weights, body weight exercises and elastics
- Skill and tactical development, including drills, modified games and games for specific outcomes

6.2 Principles of training applied to aerobic and strength training

- Progressive overload
- Training thresholds
- Reversibility
- Specificity
- Variety
- Warm-up and cool-down

6.3 Relationship between principles of training, physiological adaptations and performance

- Heart rate
- Stroke volume and cardiac output
- Oxygen uptake and lung capacity
- Haemoglobin level
- Muscle hypertrophy
- Fast/slow twitch muscle fibres

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How does training differ for individual and group sports?

7.1 Designing a training session for individual and group sports

- Health and safety considerations
- Overview/aim of the session (goal specific)
- Warm-up and cool-down
- Skill instruction and practice
- Conditioning
- Strategies and tactics
- Athlete reflection and/or coach evaluation

7.2 Yearly training program for an individual and a group sport

- Phases of competition: pre-season, in-season and off-season
- Sub-phases
- Peaking and tapering
- Sport-specific attributes: fitness components, skill requirements

7.3 Psychological strategies for arousal, stress and anxiety management

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7.4 Factors influencing how strategies and tactics are applied

- Environmental conditions
- Group strengths and weaknesses

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What impact does sleep, nutrition and supplementation have on movement and performance?

8.1 Dietary and fluid intake requirements of athletes (pre, during and post performance)

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8.2 Sleep, nutrition and hydration for reducing fatigue and preventing injury

- Guidelines
- Planning
- Routines
- Monitoring

8.3 Supplements, micronutrients, protein, caffeine and creatine for improved performance

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How do individuals train for sustained movement and performance?

9.1 Biomechanics for efficient movement and improved performance

- Physical activity
- Sport-specific movements
- Functional movements

9.2 Recovery strategies for sustained movement and performance

- Physiological, including cool-down, hydrotherapy
- Psychological, including relaxation

9.3 Role of technology in improving performance

- Training innovations
- Equipment advances
- Recording and monitoring training and performance

9.4 Management and prevention of sporting injuries

- Classification of sports injuries, including direct and indirect, soft and hard tissue or overuse
- Assessment of injuries, including the TOTAPS test
- Management of injuries
- Rehabilitation procedures, including progressive mobilisation, graduated exercise, training, and use of heat and cold
- Return-to-play policy and procedures

9.5 Impact of drug use on injury management and performance

- Health implications
- Ethical considerations
- Drug testing

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