UNIT 3 – AUSTRALIA’S HEALTH
AREA OF STUDY 1 – Understanding health and wellbeing
OUTCOME 1 WORKSHEET 1

Concepts of physical, mental, social, spiritual and emotional dimensions of health and wellbeing (PMSSE) and illness and the dynamic and subjective nature of these concepts


1. Health and wellbeing are related concepts in the new Year 12 Health and Human Development study design and will be discussed together – on page 6 of the textbook a definition of sorts is stated – it refers to the state of a person’s …………………… Write this into your workbook.

2. Using Figure 1.5 on page 7 – place each factor into P M S S or E?

3. What does the term “dynamic” health and wellbeing mean?

4. Why is the concept of health and wellbeing – subjective? Provide 2 examples to explain your response?

5. Describe the concepts of “illness” and “disease” and how they differ?

6. Draw the continuum of health and wellbeing and illness and then place yourself on it?

7. Define PHYSICAL HEALTH AND WELLBEING and provide 2 examples from figure 1.8

8. Define SOCIAL HEALTH AND WELLBEING and provide 2 examples from figure 1.9

9. Define EMOTIONAL HEALTH AND WELLBEING and provide 2 examples from figure 1.11

10. Define MENTAL HEALTH AND WELLBEING and provide 2 examples from figure 1.14

11. Define SPIRITUAL HEALTH AND WELLBEING and provide 2 examples from figure 1.16

12. Provide 2 examples of values and beliefs and how they differ?

13. Show how a broken leg can affect all 5 dimensions of health and wellbeing?

WORK REQUIREMENT 2

Produce (5) flash cards showing the (5) dimensions of health and wellbeing and submit for marking.