



You will work through the following units as part of Personal Health and Wellbeing Level 2:

Section A

Learners must complete all 5 Units from Section A (compulsory units)

- Personal identity
- Diet and nutrition
- Risk taking behaviour
- Personal fitness
- Personal care

Section B

Learners complete at least 2 units from Section B (elective units)

- Alternative, complementary and integrated health practices
- Grief and loss
- Personal improvement
- Personal presentation
- Stress management
- Personal and community support

How you'll be assessed:

Common types of internal assessments are:

- Folio
- Research tasks
- Assignments
- Reports

Students will need the following to be successful in this subject:

- Requires literacy skills for short answers and report writing.

COMPLETION OF WORK

Assessment due dates are provided in the Program of Learning and on Canvas. Work must be submitted by the due date unless an approved extension has been granted. Unapproved late submissions will incur penalties as outlined in the *Completion of Work Policy*. Students needing extensions should contact their subject teacher before the due date with valid reasons, such as illness or unforeseen circumstances.

For more details refer to the Launceston College: [Completion of Work Policy](#).

ACADEMIC INTEGRITY

All senior secondary students in Tasmania are expected to uphold academic integrity, meaning they complete their work honestly and fairly. This includes properly referencing any ideas, images, or information borrowed from others, allowing teachers to distinguish between original and sourced content.

Assignments will be submitted through Canvas, email, hard copy as directed in the task sheet.

For more details, refer to the Launceston College: [Academic Integrity Policy](#)

REFERENCING

The Harvard referencing system is recommended for Outdoor Leadership. The standards for criterion 8 state that a student must:

- create appropriate reference lists/bibliographies and use in-text referencing.
- clearly identifies the information, images, ideas and words of others used in the student's work.

COURSE DOCUMENT

The TASC website provides considerable information about the course. [Personal Health and Wellbeing - TASC](#)

Week	Date	Program of Learning 2025	Notes / Assessments
1	6 Feb	Personal Identity	<i>Yr 11s and 12's return February 6 (Thursday)</i>
2	10 Feb	Personal Identity	Reflection journal assessment
3	17 Feb	Personal Identity	
4	24 Feb	Personal Identity	<i>Wed 26 Feb – Launceston Cup</i>
5	3 Mar	Personal Identity	Final assessment: reflection journal
6	10 Mar	Personal Fitness	<i>Mon 10 Mar – Public Holiday</i>
7	17 Mar	Personal Fitness	Start fitness log
8	24 Mar	Personal Fitness	Design lifestyle and fitness program
9	31 Mar	Personal Fitness	
10	7 Apr	Personal Fitness	Complete fitness program and reflection
Term 1 break – Saturday 12 April – Sunday 27 April			
1	28 Apr	Diet and Nutrition	
2	5 May	Diet and Nutrition	Nutrition log starts
3	12 May	Diet and Nutrition	
4	19 May	Diet and Nutrition	Complete nutrition log and reflection writing.
5	26 May	Risk-taking behaviour	
6	2 June	Risk-taking behaviour	Essay due: Managing risks
7	9 June	Risk-taking behaviour	<i>Mon 9 June – Public Holiday</i>
8	16 June	Risk-taking behaviour	Mid-Year Assessments Level 3 & 4 <i>Tue 17 June – Orientation Day (LC students work from home)</i>
9	23 June	Risk-taking behaviour	Mid-Year Assessments Level 3 & 4
10	30 June	Personal care	Design friendship survey
Term 2 break – Saturday 5 July – Sunday 20 July			
1	21 July	Personal care	
2	28 July	Personal care	Complete and submit friendship survey
3	4 Aug	Personal care	
4	11 Aug	Elective unit – 1 st choice	
5	18 Aug	Elective unit – 1 st choice	Elective 1: Report plan/outline due
6	25 Aug	Elective unit – 1 st choice	
7	1 Sep	Elective unit – 1 st choice	
8	8 Sep	Elective unit – 1 st choice	Elective 1: Report/ Folio due
9	15 Sep	Elective unit – 2 nd choice	
10	22 Sep	Elective unit – 2 nd choice	Elective 2: Report plan /outline due
Term 3 break – Saturday 27 September – Sunday 12 October			
1	13 Oct	Elective unit – 2 nd choice	
2	20 Oct	Elective unit – 2 nd choice	
3	27 Oct	Elective unit – 2 nd choice	Elective 2: Report/ Folio due <i>Fri 31 Oct - Moderation Day (LC students work from home)</i>
4	3 Nov	Finalise all results	<i>Mon 3 Nov – Public Holiday</i>
Exams begin (Monday 10th November) - Exams end (Thursday 20th November)			

ASSESSMENT

Criterion-based assessment helps students see how well they're meeting course outcomes at the end of their study. While there is continuous feedback to guide learning, final assessments focus on showing what students have achieved by the end. Ratings are given as 'A', 'B', or 'C', based on course standards. A 't' indicates partial achievement below a 'C', and a 'z' means no evidence provided.

Schools follow TASC's quality assurance to keep standards consistent. More details are on the [TASC website](#). Final awards are based on both internal and TASC-supervised external assessments.

Criteria

The assessment for *Personal Health and Wellbeing Level 2* will be based on the degree to which the learner can:

1. identify and discuss key factors affecting personal wellbeing
2. describe the significance of personal and group health and wellbeing
3. establish and maintain personal health and wellbeing
4. collect, organise and examine information
5. recognise the significance of personal identity and positive relationships
6. communicate ideas, emotions and feelings
7. work independently and cooperatively with others.

Award Requirements

The final award will be determined by the Office of Tasmanian Assessment, Standards and Certification from 7 ratings. The minimum requirements for an award in this course are as follows:

EXCEPTIONAL ACHIEVEMENT (EA)

6 'A' ratings, 1 'B' rating

HIGH ACHIEVEMENT (HA)

3 'A' ratings, 3 'B' ratings, 1 'C' rating

COMMENDABLE ACHIEVEMENT (CA)

4 'B' ratings, 2 'C' ratings

SATISFACTORY ACHIEVEMENT (SA)

6 'C' ratings

PRELIMINARY ACHIEVEMENT (PA)

4 'C' ratings

A learner who otherwise achieves the rating for a CA (Commendable Achievement) or SA (Satisfactory Achievement) award but who fails to show any evidence of achievement in one or more criteria ('z' notation) will be issued with a PA (Preliminary Achievement) award.