

HEALTH & WELLBEING

HOME ECONOMICS



Course/Subjects Name
Health and Food Technology

Levels Available (Entry based on prior attainment)
National 3, 4, 5, Higher and Advanced Higher Health and Food Technology

Purpose, Aims and Benefits of the Course

The purpose of this course is to allow learners to develop and apply practical and technological skills to make informed food, lifestyle and consumer choices which will have a positive effect on their own health and that of others.

Learners will develop knowledge and understanding of the relationships between health, nutrition and the functional properties of food. They will develop these skills and apply knowledge in practical contexts.

Progression Routes

These courses may provide progression to other SQA qualifications in Home Economics such as National 4/5 Hospitality: Practical Cookery.

A Higher in Health and Food Technology provides an extremely useful entry into further education.

Home Economics courses lead to many careers where a variety of practical and academic skills are essential. The course content relating to nutrition, healthy eating and diet are particularly relevant for careers in dietetics, nursing, teaching and caring professions.

Other possible employment opportunities include: Health Education Advisor, Consumer Advisor/Trading Standards Officer, Environmental Health Officer, Nutrition Scientist, Factory Inspector, Teaching, Nursery Nursing, Nursing and Social Work.

Faculty Contact

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Acting PT Health & Wellbeing

HEALTH & WELLBEING

HOME ECONOMICS



Course/Subjects Name

Hospitality: Practical Cookery

Levels Available (Entry based on keen interest)

National 3, 4 and 5

Purpose, Aims and Benefits of the Course

The main purpose of this course is to develop learners' practical cookery skills, their knowledge and understanding of ingredients and to provide a set of foundation skills for those who wish to progress to professional hospitality courses or employment.

The course assessment details:

- Practical exam which has two stages 75%
 - planning (assignment)
 - implementing (practical activity)
- Question paper (25%)

The practical component involves experiential learning, and is supported by related theory. It uses real-life hospitality contexts, which makes it relevant to the world of work. Its uniqueness lies in introducing learners to practical cookery in hospitality-related contexts.

Progression Routes

This course may provide progression to other SQA qualifications in Home Economics such as National 4/5 Health & Food Technology.

Practical cookery skills provide a sound framework in which to follow careers in Hospitality where culinary skills are studied along with the theoretical aspects of the Hotel and Catering Industry. These would enable them to access job opportunities while studying at further education level students have the opportunity to gain transferable practical skills such as: organisation, time management and manipulative skills.

Faculty Contact

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HEALTH & WELLBEING

HOSPITALITY: PRACTICAL CAKE CRAFT



Course/Subjects Name

Early Education and Childcare

Levels Available (Entry based on prior attainment)

National 4/5

Purpose, Aims and Benefits of the Course

The Course aims to enable learners to:

- an understanding of the workplace and the employee's responsibilities (eg time-keeping, appearance, customer care)
- self-evaluation skills
- positive attitude to learning
- flexible approaches to solving problems
- adaptability and positive attitude to change
- confidence to set goals, reflect and learn from experience
- skills to become effective job-seekers and employees

The course is relevant to the world of work.

This qualification covers areas such as Child Development, Play in Early Learning and Childcare, and Working in Early Learning and Childcare.

Progression Routes

This course may provide progression to other SQA qualifications in Home Economics such as National 4/5 Health & Food Technology and National 4/5 Hospitality Practical Cookery. It would also provide a foundation for progressing on to various childcare courses at college.

This course develops thinking skills, analysing and evaluating skills, while aspects of numeracy, employability skills and the ability to work safely and hygienically are similarly developed.

Faculty Contact

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HEALTH & WELLBEING PHYSICAL EDUCATION



Course/Subjects Name

Physical Education

Levels Available (Entry based on prior attainment)

National 4/5, Higher and Advanced Higher

Purpose, Aims and Benefits of the Course

These courses are for learners who have a genuine interest in Physical Education and who are prepared to work hard to improve their own fitness, performance & understanding of physical activity.

All three courses' general aim is to develop learners' understanding of the factors that impact on performance in physical activities. Learners will consider how social, emotional, mental and physical factors can influence effectiveness in performance. Learners will develop knowledge and understanding of methods of enhancing performance, developing the learner's ability to plan for, record, maintain and review performance development.

National 4/5 courses consist of either 3 or 6 periods a week, Higher consists of 6 periods a week and all learners are required to take part in the variety of activities on offer. At least one period a week will be allocated to theory/written work in National 4/5 and at least 2 periods a week for Higher.

Advance Higher will look to build on the knowledge obtained from both National 5 and Higher. The course will consist of 6 periods a week. Learners will be assessed in performance (30%) and they will need to submit a project (70%). Learners will have more responsibility for independent learning to enable them to carry out their project.

Course Details

National 4

Units

- Performance skills
- Factors Impacting Performance Booklet

Assessment

- Added Value Unit: One off performance

Contd

National 5

Assessment

- Practical - 2 One off performances (50%)
- Theory – Portfolio (50%)

Higher

Units

- Factors Impacting Performance Booklet

Assessment

- Practical - 2 One off performances (50% combined)
- Theory - Exam 2hrs 30min (50%)

Advanced Higher

Units

- Performance skills
- Factors Impacting Performance Booklet

Assessment

- Component 1 – Performance(one off) (30marks)
- Component 2 – Project (70marks)

Homework

Homework tasks and questions will consolidate learning in lessons and aid revision and preparation for assessment, monitoring, and completion of coursework.

Faculty Contact

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SPORTS COMMUNITY LEADERSHIP



Course/Subjects Name

School Coaching Award

Purpose, Aims and Benefits of the Course

This course is open to all students who have a keen interest in leading others, coaching and participating in a variety of activities.

The course consists of 3 periods a week (plus 10 voluntary hours, spent coaching and leading teams, activities and clubs in the community, at the Primary School or Grammar School).

This course will offer students the opportunity to improve their organisational skills, teaching and coaching, safety and first aid in sport and organisation of competitions and events. The course is mostly practical but some theory work is involved, as is homework.

Assessment is carried out, throughout the course, by the class teacher.

This course encourages participants to take responsibility for others, to develop organisational and communication skills and above all, increase the confidence of people for whom leading groups is a new experience.

Progression Routes

Other pathways include:

- Advanced Higher courses in Physical Education
- SGA at Higher in Performing Arts or Sport & Leisure
- HNC / HND / in a variety of courses including Fitness, Health & Exercise, Physical Education, Sports Science and Sports Coaching with development
- A career in professional/amateur sport, coaching or officiating.
- Employment in the fitness, health, leisure and recreation industries

Faculty Contact

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HEALTH & WELLBEING
PHYSICAL EDUCATION - CORE



Course/Subjects Name
Core Physical Education

Levels Available (Entry based on prior attainment)
N/A

Purpose, Aims and Benefits of the Course

Core PE is an important experience in S4 and S5, designed to form positive habits towards, and encourage lifelong participation in regular physical activity; emphasising the associated health benefits.

Students are offered a degree of choice towards which physical activities they undertake throughout the year, building upon skills learned within S1 – S3. Students will also be expected to take on more responsibility for their learning and for some organisation of activities and tasks.

All students in S4 will participate in two periods of Core Physical Education, whilst students in S5 will participate in one period of Core Physical Education each week.

Students are encouraged to take responsibility and select activities which they feel are most suited to their interests and needs.

Activities on offer may include, but are not limited to: Athletics, badminton, basketball, cross country, dance, dodgeball, fitness, football, hockey, rugby, table tennis, tennis, trampolining and volleyball.

Homework

Students must bring an appropriate change of kit and are encouraged to participate in activities outside of school in order to improve their skills and fitness.

Faculty Contact

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HEALTH & WELLBEING

RMPS (RELIGIOUS, MORAL AND PHILOSOPHICAL STUDIES)



Course/Subjects Name

Religious, Moral and Philosophical Studies at National 4/5, Higher and Advanced Higher

Recommended Entry

Learners should have a keen interest in exploring key issues of RMPS. These issues were introduced in Core RME in S1-S4, but will be at a deeper and more challenging level in National 4/5, and in particular Higher and Advanced Higher.

Course Details

The course consists of three mandatory units over one year at all the levels:

- 1 Morality and Belief
- 2 World Religion
- 3 Religious and Philosophical Questions

Purpose, Aims and Benefits of the Course

The purpose of this Course is to develop knowledge and understanding of religious, moral and philosophical issues that affect the world today. Religious and non-religious perspectives will be included. The Course will explore the questions they raise and the solutions or approaches they offer. Learners will have opportunities to reflect on these and on their own experience and views. This will be achieved through successful study of the Course Units.

The Course will require learners to study a world religion in detail, understand contemporary moral issues and responses, and study key aspects of religious and philosophical questions.

The Course will help learners develop an understanding of religious, moral and philosophical issues of relevance in the world today. Learners will develop skills which are transferable to other areas of study and which they will use in everyday life.

The main aims of the Course are to enable learners to develop:

- the ability to critically analyse, reflect on and express reasoned views about religious, moral and philosophical questions and their impact
- a range of skills including investigating religious, moral and philosophical questions and responses, critical analysis, evaluation, and the ability to express detailed, reasoned and well-structured views

Contd.

- in-depth factual and abstract knowledge and understanding of beliefs, practices and sources related to world religions
- in-depth factual and theoretical knowledge and understanding of religious, moral and philosophical questions and responses to them

Benefits: Learners will develop a wide range of important and transferable skills including investigating and expressing detailed, reasoned and well-structured views about religious, moral and philosophical topics or issues; interpreting and explaining sources related to world religions; enquiring into and evaluating contemporary moral questions and responses; and critically analysing religious and philosophical questions and responses.

The Courses provide an entry qualification for further and higher education. The Courses prepare learners for a diverse range of occupations and careers.

Faculty Contact

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RELIGIOUS & MORAL EDUCATION - CORE



Course/Subjects Name

RME

Levels Available (Entry based on prior attainment)

N/A

Purpose, Aims and Benefits of the Course

Scotland is a diverse nation whose people hold a wide range of beliefs. Religious and Moral Education enables children and young people to explore the world's major religions and to develop their own beliefs and values.

Students can demonstrate their progress through:

- how well they respond to questions and issues
- the depth to which they engage with issues of belief and morality
- their developing abilities to think critically
- their awareness of how they can put their own beliefs, values and attitudes into action and show respect for those who hold different beliefs.

Homework

N/A

Progression Routes

National 5 / Higher and Advanced Higher Religious, Moral & Philosophical Studies in 5th and 6th year.

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