



## HEALTH & WELLBEING

### HOME ECONOMICS

### HEALTH AND FOOD TECHNOLOGY

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing

#### Levels Available

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. Some universities accept this Higher as a Science qualification e.g. Queen Margaret University, particularly courses in Dietetics, Nutrition and Biological Sciences.

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.

## HEALTH & WELLBEING

### HOME ECONOMICS

#### HOSPITALITY: PRACTICAL COOKERY

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing



#### Levels Available

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 contains:

- 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. Furthermore, students have the opportunity to gain transferable practical skills such as: organisation, time management and manipulative skills.

## HEALTH & WELLBEING

### EARLY EDUCATION AND CHILDCARE

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing



#### Levels Available

National 4/5

#### Purpose, Aims and Benefits of the Course

The course aims to enable learners to develop:

- an understanding of the workplace and the employee's responsibilities (e.g. 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.

## HEALTH & WELLBEING

### PHYSICAL EDUCATION

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing



#### Levels Available

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 four 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.

It is recommended that students wishing to undertake Higher Physical Education have undertaken and passed National 5 PE. National 4/5 courses consist of 3 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.

Furthermore, it is recommended that students wishing to undertake Advanced Higher Physical Education have undertaken and passed Higher PE (recommended A/B pass). 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. Students will be assessed in performance (30%) and they will need to submit a project (70%). Students will have more responsibility for independent learning to enable them to carry out their project.

#### Progression Routes

These courses may provide progression to further SQA qualifications in Physical Education such as National 5, Higher and Advanced Higher, or further study, employment or training.

Career Opportunities include: Teaching, Sports Coaching, Professional and Semi Professional Sports Organisations, Sports Science, Sports Psychology, Outdoor Education, Recreational Centres, Fitness/Health and Wellbeing Clubs, Physical Therapies, Caring Profession, Sporting Therapies and Sports Studies.

**HEALTH & WELLBEING**  
**SPORTS COMMUNITY LEADERSHIP**

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing



**Course/subjects name**

School Coaching Award SQA

**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.

**Progression Routes**

This course is an ideal first step towards gaining National Governing Body coaching qualifications and promotes the work of volunteers in sport. It 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.

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

## HEALTH & WELLBEING

### PERFORMANCE IN SPORT

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing



#### Course/subjects name

Practical Performance SQA

#### Purpose, Aims and Benefits of the Course

This course is open to all students who have a keen interest in a wide range of practical activities and want to further develop their practical ability.

The course consists of 3 periods a week and will focus mainly on the practical elements of different activities as well as Strength and Conditioning, Nutrition and basic First Aid training.

This course will offer students the opportunity to improve their practical ability, increase their knowledge of safety and first aid in sport and develop the fundamental movements needed for sports through Strength and Conditioning.

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

#### Progression Routes

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

**HEALTH & WELLBEING**  
**PHYSICAL EDUCATION – CORE**

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing



**Levels Available**

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 as well as being encouraged transferring and applying their skills and interests to a variety of extra-curricular activities.

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.

## HEALTH & WELLBEING

### RMPS (RELIGIOUS, MORAL AND PHILOSOPHICAL STUDIES)

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing



#### Levels Available

National 4/5 Higher and Advanced Higher

#### 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
- 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.

#### Progression Routes

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



## HEALTH & WELLBEING

### RELIGIOUS & MORAL EDUCATION - CORE

**Faculty Contact:** Mr P Sutherland, Acting PT Health & Wellbeing



#### Levels Available

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.

#### Progression Routes

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