TEACH PERSONAL DEVELOPMENT, HEALTH AND PHYSICAL EDUCATION

Lay the groundwork for strong minds and bodies, and a healthy lifestyle for tomorrow’s generation

It is well recognised that looking after one’s health and body is just as important as educating the mind. Sport and active physical pursuits can contribute to an overall sense of wellbeing and all-around development.

If you are a naturally active person with an enthusiasm for sports and a healthy lifestyle, you may find a fulfilling career as a secondary teacher of personal development, health and physical education (PDHPE).

As a PDHPE teacher you’ll be helping students explore a range of physical activities, develop their self-esteem, and even acquire skills such as decision making and problem solving, in particular in youth-related health issues.

PDHPE teachers have the opportunity to teach in a range of subject including:
- PDHPE in Years 7-10
- PDHPE in Years 11-12
- community and family studies
- exploring early childhood
- physical activity and sports
- sport, lifestyle and recreation.

PDHPE is taught as an integrated subject in Years 7-10. All Years 11-12 students complete a personal development and health education course, and may elect to complete additional courses of study.

You should also use your special interests and talents to contribute to a wide range of school activities.

Getting there

If you want to become a PDHPE teacher, you are encouraged to complete study in at least one of the PDHPE teaching subjects at Higher School Certificate level.

To qualify as a PDHPE teacher you will need to complete, through a recognised higher education institution, a major (ie three years of degree-level study) in PDHPE. Your studies should include a balance of health education including mental health, sexual education and drug education and physical education. You will also need to complete at least one year of professional studies in teaching that includes PDHPE (Years 7-12) teaching methodology.

Degree options

- an undergraduate degree, and a graduate entry teacher education program such as a Graduate Diploma of Education (Secondary), or a Master of Teaching (Secondary); or,
- an integrated undergraduate program such as a four-year Bachelor of Education (Secondary) which includes both subject content studies and teacher education; or,
- an undergraduate double degree program such as a Bachelor of Health and Physical Education/Bachelor of Teaching.

Further information about the requirements to become a teacher in NSW, including approved initial teacher education programs, can be found on the NSW Institute of Teachers website at www.nswteachers.nsw.edu.au.

MAKE THE BEST DECISION OF YOUR LIFE. BECOME A TEACHER IN A NSW PUBLIC SCHOOL

Contact us at teachnsw@det.nsw.edu.au • Visit our website www.teach.nsw.edu.au
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