

**Title page
To come**

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This textbook contains images of Indigenous people who are, or may be, deceased. The publisher appreciates that this inclusion may distress some Indigenous communities. These images have been included so that the young multicultural audience for this book can better appreciate specific aspects of Indigenous history and experience.

In this book, the word 'Aborigine' rather than 'Koori' is used when referring to Indigenous Australians. The issues raised are not unique to the Indigenous people of New South Wales and so the Australia-wide reference has been maintained.

It is recommended that teachers should first preview resources on Aboriginal topics in relation to their suitability for the class level or situation. It is also suggested that Aboriginal parents or community members be invited to help assess the resources to be shown to Aboriginal children. At all times the guidelines laid down by the Department of Education should be followed.

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Preface

This fourth edition of *Outcomes 1: Preliminary Course* covers the Preliminary Course as outlined in the 2009 Stage 6 PDHPE Syllabus. In this edition, the content has been revised with a particular focus on updating data and statistics, especially throughout Core 1. Important updates in the First Aid option have also been incorporated. Snapshots and case studies have also been updated and new inquiry questions have been written.

The text continues to focus on the most recent trends and practices in health and physical performance and provides the most relevant information to help you complete the course successfully and enjoy your studies along the way.

Additional online resources accompany this edition to take the *Outcomes* package to a new level. Online student resources, such as video eLessons, weblinks, chapter quizzes and revision tests, are available in your eBookPLUS (see page viii). For teachers, the eGuidePLUS provides a range of support material.

The structure of the textbook mirrors the structure and content 'dot points' of the 2009 Stage 6 PDHPE Syllabus. The first part of this book covers the two Preliminary core strands, which represent 60 per cent of course time, followed by chapters covering the three of the four option topics, of which you will study two for the remaining 40 per cent of the course. The fourth option, Composition and Performance, can be accessed only via the eBook in this edition.

This full-colour text places a strong emphasis on critical inquiry exercises and practical applications

as fundamental learning tools to engage you with the content and reinforce understanding. The inquiry exercises challenge your thinking and inspire deeper research, while the applications invite you to put theory into practice with individual and group tasks.

Key terms are defined in context to enhance understanding, as well as in a comprehensive glossary at the end of the book.

New ideas are included for the use of 'thinking tools' to assist you in gathering and analysing information, answering questions and solving problems. You will also be prompted to use ICT for presenting your work and sharing your research findings. Weblinks are provided to encourage you to explore contemporary issues in greater depth or to access the latest available data.

Revision and extension questions at the end of each chapter link to the most relevant syllabus outcomes and aim to consolidate your understanding of the topics. Mark allocations indicative of those allocated in HSC examinations have been added as a guide. Appendixes include the Ottawa Charter for Health Promotion and definitions of the syllabus key words.

A range of contemporary snapshots and case studies feature throughout the chapters — a popular feature of the *Outcomes* series as these enhance the content and help you to appreciate the relevance and importance of health and physical activity issues for Australians in today's world.

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