
PDHPE Year 11 Yearly Exam Revision 2024

Solution Guide Complete

Dimensions of Health - - physical

- social
- emotional
- mental
- spiritual

Relative nature of health - Relation to another period of time, or relation to others.

Dynamic nature of health - Constant fluctuations in a persons health. E.g from last week to this week.

Health status - Holistic concept determined by more than presence of absence of any disease.

Determinants of health - - Individual,

- Sociocultural
- Socioeconomic
- Environmental

Individual factors - - Knowledge

- Skills
- Attitudes
- Genetics

Sociocultural factors - - Family

- Peers

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