

<b>Title</b>	<b>Describe key elements of hauora from a Māori world view</b>		
<b>Level</b>	<b>1</b>	<b>Credits</b>	<b>3</b>

<b>Purpose</b>	People credited with this unit standard are able to: describe how key elements of hauora contribute to the well-being of the individual and whānau from a Māori world view.
----------------	---

<b>Classification</b>	Te Ara Hou ki te Ora > Hauora
-----------------------	-------------------------------

<b>Available grade</b>	Achieved
------------------------	----------

### Guidance Information

- For this unit standard, key elements of hauora include: hinengaro, tinana, wairua, whānau.
- Definitions**

*Hinengaro* refers to the mental and emotional aspect of hauora: the capacity to communicate thoughts and feelings, to think critically and coherently.

*Māori world view* refers to the broader concept of holistic well-being.

*Personal identity*, self-worth are used as alternatives to terms such as self-esteem, self-concept, and self-confidence.

*Tinana* refers to the physical aspect of hauora: the capacity for physical growth, development, and skilled movement.

*Wairua* refers to the spiritual aspect of hauora: personal belief structures; the quest for personal meaning, personal identity, and the values that determine the way people live.

*Whānau* refers to the wellness of the immediate family, the extended family or community.
- Descriptions and explanations can be presented in a number of ways that may include but are not limited to: oral presentations, visual presentations, written presentations, whakaari, waiata, and haka.
- Where applicable ākonga are encouraged to reference. Referencing will prepare ākonga for the requirements of academic writing.

### Outcomes and performance criteria

#### Outcome 1

Describe key elements of hauora from a Māori world view.

Range     key elements include – wairua, hinengaro, tinana, whānau.

**Performance criteria**

- 1.1 Key elements are described.

**Outcome 2**

Describe how the key elements of hauora contribute to the well-being of the individual and whānau.

**Performance criteria**

- 2.1 Select two key elements of hauora and explain how they contribute to an individual's well-being.

Range may include but is not limited to – alcohol and/or drug situations, relationships, schoolwork, fitness, nutrition, personal identity, self-worth, puberty, peers, family, stereotypes, social media; evidence of two is required.

- 2.2 Select two key elements of hauora and explain how these contribute to the well-being of whānau.

Range may include but is not limited to – economic factors, employment, relationships, education; evidence of two is required.

<b>Replacement information</b>	This unit standard replaced unit standard 14235.
--------------------------------	--

<b>Planned review date</b>	31 December 2027
----------------------------	------------------

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	18 August 2016	31 December 2022
Revision	2	28 September 2017	31 December 2022
Rollover and Revision	3	25 November 2021	31 December 2024
Review	4	2 March 2023	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0226
--	------

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact NZQA Māori Qualifications Services [mqs@nzqa.govt.nz](mailto:mqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.