

Achievement Standard

Subject Reference	Health 3.3		
Title	Evaluate health practices currently used in New Zealand		
Level	3	Credits	5
		Assessment	Internal
Subfield	Health and Physical Education		
Domain	Health Education		
Status	Approved	Status date	September 2024
Planned review date	December 2028	Date version published	December 2024

This achievement standard involves evaluating health practices currently used in New Zealand.

Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none"> Evaluate health practices currently used in New Zealand. 	<ul style="list-style-type: none"> Evaluate, in depth, health practices currently used in New Zealand. 	<ul style="list-style-type: none"> Evaluate, perceptively, health practices currently used in New Zealand.

Explanatory Notes

- This achievement standard is derived from Level 8 of the Health and Physical Education learning area in *The New Zealand Curriculum*, Learning Media, Ministry of Education, 2007.

Assessment is consistent with and reflects the underlying concepts (hauora, socio-ecological perspective, health promotion, attitudes and values) of the Health and Physical Education learning area in *The New Zealand Curriculum*, page 22.

This standard is also derived from *Te Marautanga o Aotearoa*. For details of *Te Marautanga o Aotearoa* achievement objectives to which this standard relates, see the [Papa Whakaako](#) for the relevant learning area.

- 2 *Evaluate* involves applying a critical perspective and evidence-based consideration of health practices through:
- explaining the procedures involved in each practice, the underpinning philosophy or knowledge foundation of each practice in relation to Western scientific medicine (WSM), complementary and alternative medicine (CAM) and/or traditional medicine (TM)
 - explaining significant advantages and disadvantages of each practice in relation to the concept of hauora.

Evaluate, in depth, involves comparing significant advantages and disadvantages of the selected practices and drawing conclusions supported by reasoned arguments.

Evaluate, perceptively, involves making connections between a selection of underlying health concepts (hauora, socio-ecological perspective, health promotion, and attitudes and values), the underpinning philosophies of each practice, and significant advantages and disadvantages of each practice; and drawing justified conclusions.

- 3 *Health practices currently used in New Zealand* must consider a minimum of two practices, with one from each of the following categories:
- WSM, e.g. surgery, medication, counselling, physical therapies, green prescription
 - CAM, e.g. naturopathy, homeopathy, aromatherapy, or TM, e.g. Māori medicine.
- 4 Candidates must relate the health practices to an identified health circumstance. The health circumstance may be existing, or one which could be prevented. Health circumstances include:
- a mental illness e.g. major or chronic depression
 - an addiction e.g. smoking
 - a physical illness or disease e.g. acne, asthma, eczema
 - pain management e.g. back pain, arthritis, migraines
 - reproductive health e.g. birth, (in)fertility
 - anxiety or stress e.g. exam stress, performance anxiety.
- Focusing on suicide or eating disorders for the analysis is not appropriate.
- 5 Conditions of Assessment related to this achievement standard can be found at www.tki.org.nz/e/community/ncea/conditions-assessment.php.
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Replacement Information

This achievement standard replaced AS90710.

Quality Assurance

- 1 Schools and institutions must have been granted consent to assess by NZQA before they can register credits from assessment against achievement standards.
- 2 Schools and institutions with consent to assess must engage with the moderation system that applies to those achievement standards.

Consent and Moderation Requirements (CMR) reference 0233
