

## Achievement Standard

**Subject Reference** Health Studies 1.1

**Title** Demonstrate understanding of hauora in a health-related context through the application of a model of health

**Level** 1      **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

### Purpose Statement

Students are able to demonstrate understanding of hauora in a health-related context through the application of a model of health.

### Achievement Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<ul style="list-style-type: none"> <li>Demonstrate understanding of hauora in a health-related context through the application of a model of health</li> </ul>	<ul style="list-style-type: none"> <li>Explain hauora in a health-related context through the application of a model of health</li> </ul>	<ul style="list-style-type: none"> <li>Evaluate hauora in a health-related context through the application of a model of health</li> </ul>

### Explanatory Notes

- 1 *Demonstrate understanding of hauora in a health-related context through the application of a model of health* involves:
- describing how hauora is affected by an activity, using a model of health, including supporting evidence
  - describing how the different parts of the model interconnect in relation to the activity.

*Explain hauora in a health-related context through the application of a model of health* involves:

- explaining why hauora is affected by an activity, using a model of health, including supporting evidence
- explaining why the different parts of the model interconnect in relation to the activity.

*Evaluate hauora in a health-related context through the application of a model of health* involves:

- drawing conclusions about how hauora is affected by an activity in the short and long-term, with reference to a model of health, including supporting evidence.
- 2 The *application of a model of health* must occur in any of the Key Areas of Learning:
    - Food and Nutrition
    - Mental Health
    - Relationships and Sexuality.
  - 3 For the purpose of this achievement standard, the explanation of the effects of an activity on hauora must use a model of health. *Hauora* is a Māori philosophy of holistic wellbeing grounded in bodies of mātauranga unique to Aotearoa New Zealand.
  - 4 A *model of health* is a guide to understanding hauora according to aspects or dimensions of the model.  
  
Examples include:
    - Te Wheke
    - Te Whare Tapa Whā
    - Fonua
    - Fonofale.
  - 5 An *activity* refers to an action or experience that can result in a change to the hauora of an individual, community, or society. A model of health can be applied to reflect on the changes for those involved. *Ākonga* may refer to an activity that they have participated in, or they may refer to an activity that others have experienced. The activity and the reflection can relate to one or more Key Areas of Learning.
  - 6 Refer to the NCEA [glossary](#) for Māori, Pacific, and further subject-specific terms and concepts.
  - 7 This achievement standard is derived from the Health and Physical Education Learning Area at Level 6 of *The New Zealand Curriculum*: Learning Media, Ministry of Education, 2007.
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## Replacement Information

This achievement standard and AS92009-AS92011 replaced AS90956-AS90961, AS90971-AS90975, and AS91097.

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## 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

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