

92011



Draw a cross through the box (X) if you have NOT written in this booklet

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**Mana Tohu Mātauranga o Aotearoa**  
New Zealand Qualifications Authority

## Level 1 Health Studies 2025

### 92011 Demonstrate understanding of strategies that enhance hauora

Credits: Five

Achievement	Achievement with Merit	Achievement with Excellence
Demonstrate understanding of strategies that enhance hauora.	Explain strategies that enhance hauora.	Evaluate strategies that enhance hauora.

Check that the National Student Number (NSN) on your admission slip is the same as the number at the top of this page.

**You should attempt ALL parts of the question in this booklet.**

Pull out Resource Booklet 92011R from the centre of this booklet.

If you need more room for any answer, use the extra space provided at the back of this booklet.

Check that this booklet includes pages 2–7 in the correct order and that none of these pages is blank.

Do not write in the margins (/////). This area will be cut off when the booklet is marked.

**YOU MUST HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.**

**INSTRUCTIONS**

In this assessment, you will analyse Jamie's diary entry about the pressures faced during the day.

Read **Resource Booklet 92011R** before answering the question beginning on page 3. Refer to the resources, as well as your own knowledge about strategies that enhance hauora, to respond to ALL parts of the question.

Planning space is provided below.

**PLANNING**

**QUESTION**

- (a) Recommend a strategy from each of the following categories (personal, interpersonal, and societal), and explain how each strategy could enhance Jamie's hauora.

Personal strategy (for Jamie): \_\_\_\_\_

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Interpersonal strategy (for Jamie's friends and whānau): \_\_\_\_\_

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Societal strategy (for Jamie's school and wider community): \_\_\_\_\_

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(b) Recommend a strategy for each of the following **conflicting pressures**. Evaluate how effective each strategy would be at enhancing Jamie's hauora.

(i) Working at the pizza shop **and** doing well at school.

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(ii) Driver licence test **and** Jamie's friend group.

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(iii) Working at the pizza shop **and** managing eating behaviours.

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**Extra space if required.  
Write the question number(s) if applicable.**

QUESTION  
NUMBER

Extra space if required.  
Write the question number(s) if applicable.

[illegible]

