

This assessment is based on a now-expired version of the achievement standard and may not accurately reflect the content and practice of external assessments developed for 2024 onwards. No part of the candidate's evidence in this exemplar material may be presented in an external assessment for the purpose of gaining an NZQA qualification or award.



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

Level 1 Health Studies RAS 2023

**92010 Demonstrate understanding of
factors that influence hauora**

EXEMPLAR

Merit

TOTAL 05

Page 1

INSTRUCTIONS

The questions relate to two topics. Choose ONE question to answer.

- Question One: Mental health *OR*
- Question Two: Food and nutrition

The Resource Booklet includes resources relating to each question.

Read the resources before you begin.

Planning spaces are available for each question.

Select your chosen topic before continuing to the next page.

- Mental health
- Food and nutrition



Mana Tohu Mātauranga o Aotearoa
New Zealand Qualifications Authority

If you need help during this assessment, please contact the supervisor.

[Blank screen](#)

[Help guide](#)

Page 2

QUESTION ONE: Mental health

Use Resources A to E to answer this question.

PLANNING

Personal factors	Interpersonal factors	Societal factors
April finds schoolwork boring and hard to fit in around her busy schedule. - which causes her to feel really	April knows her parents would like her to go university, but at this stage, she really wants to pursue her dancing.	The students at April's school often choose to go to university and there are lots of career talks with a focus on further education beyond school.

TASK

- (a) (i) Identify from the scenario in Resource C, ONE **personal factor** that could be affecting April's views about her future.

B I U [List Icon] [List Icon] [Undo] [Redo]

April struggles with keeping up with school assignments as she has busy schedule. April finds herself really stressed as she has three assessments due next week which leads her to completing it in a rush. Her passion of dancing and also prioritising her assignments is most likely to affect her view on the future as does not want to fail in school but also include dancing within her daily life. At some stages April is most likely to feel overwhelmed and compare herself to her friends as they no longer worry about their school assignments because of how they are not into dancing. She often feels that it is difficult for herself to balance her busy schedule with up coming assessments but also having to do dancing as well.

- (ii) Explain how TWO dimensions of hauora could be influenced by the personal factor you have identified above.

Dimensions of hauora (1):

B I U [List Icon] [List Icon] [Undo] [Redo]

With April trying to pursue her passion of dancing she also needs to deal with prioritising her school work and keeping up with up coming assessments. In results, she often feel stressed this influences her mental and emotional well being as she feels stressed most of the time making sure she completes everything. April has dance practice three times a week after school which therefore has no other time to be able to do any homework as her practices are most likely to take up her time of studying. April herself finds schoolwork boring and hard to fit in around her busy schedule of dancing most times of the week, but with her parents wanting her to make it into university it tends to put pressure on her and make her feel stressed as she do not want to fail them.

Dimensions of hauora (2): physical well being

B I U    

With April gaining stress from school work and her dance practice three times a week after school she may feel tired. This can affect her physical well being as she may not have a lot of energy to balance her tight schedule, as she has to try come home from dance practices and feel tired and will not be in the mood to no longer do her homework. As dancing is a physical thing this can have a huge impact on April when doing her homework and may just result in her not being bothered to do her school work and ends up taking a rest and time that is taken from her to be able to overcome her busy schedule. This issue can also have an impact and affect April view on her future of dancing by either choosing something to give up that can easily no longer cause her to feel overwhelmed with everything that is happening. This also includes her having to rush through all her assessments with an outcome of her passing at times but also having to go through reassessments opportunity to pass which builds a lot of things that can keep her more tired and may require sleep to gain energy to do it.

(b) (i) Identify from the scenario, ONE **interpersonal factor** that could be affecting April's views about her future.

B I U    

April knows her parents would like her to go university, but at this stage, she really wants to pursue her dancing. This one interpersonal factor could end up affecting April's view about her future because she tend to also think about her what her parents would think of her. April mentions in her problem that both her parents believes that their children should do well with their school work so they can have a good future. This influences April to feel like she does not want to disappoint her parents in any way and is a pressure on her to be able to succeed in school to make into university. April's older brothers have finished school and are doing well in their university courses, which make April feel like she, herself should also be like that. April finds this issue of her parents wanting her to go to university somewhat pressure to her as she also wants pursue her passion of dancing.

(ii) Explain how TWO dimensions of hauora could be influenced by the interpersonal factor you have identified above.

Dimensions of hauora (1): social well being

B I U    

When April knows that her parents are wanting her to go university but also having to deal with her dreams of becoming a dancer she may feel worried of not focusing on school and having her parents feel disappointing. This interpersonal factor can influence her social well being as April may worry about the outcome of her parents reactions if she ever were to fail in school just because she wants to do dancing as a future career. Although April finds school work boring it does not stop her to try and fit in her assignments in her schedule of also dancing. April may also overthink that not having to deal with school anymore she may not be no longer contact with her parents as her parents are encouraging her and her siblings to pursue a suitable career that could have keep them stable and have a good future.

Dimension of hauora (2): spiritual well being

B I U    

Knowing April situation with her parents she may also have thoughts that education may not always be the answer to pursuing a career that can have a huge benefit on her from having a good and successful future. Based on what she thinks of school she may believe that her passion for dancing can not be a bad thing. Ever since April started dancing she experiences watching some successful New Zealand dance crews on YouTube which may a inspiration for her to do the exact same thing as well. This can influence her spiritual well being as April may believe in herself that if dancing is more suitable for her she is most likely to be just as successful as those other New Zealand dance crews she sees on Youtube.

(c) (i) Identify from the scenario, ONE **societal factor** that could be affecting April's views about her future.

B I U [List Icons] [Undo] [Redo]

The students at April's school often choose to go to university and there are lots of career talks with a focus on further education beyond school. This one societal factor could be affect April's view about her future as feel like the school she attends barely has any involvement talks about dance such as performing arts. April sees the students in her school as something that her parents would like their own child to do. Experiencing these career talks can affect April view of her future as she may feel like dancing is not the best future that could get her anywhere, but with education involved it is most likely to be something that could have the best outcome of their future. April also views these career talks as may be something that could bring down her confidence in dancing and feels that making it into university and prioritising school work is the only way and solution for a better future.

(ii) Explain how TWO dimensions of hauora could be influenced by the societal factor you have identified above.

Dimension of hauora (1):

B I U [List Icons] [Undo] [Redo]

April social well being is being affected by this societal factor as it can also contribute into her not feeling a sense of belonging in her school. Other than her friends who all share her passion for dance, she feels that the school she attends and along with the students does not have the same interest she has for dance. April may feel that at her school dance is not most likely to be expressed in the school grounds, yet only the standards they have to for students to be able to accomplish and graduate into making it into university. April may also have thoughts within the career talks that occurs at her school she feels that what her parents want for her is more better than what she thinks.

Dimension of hauora (2):

B I U [List Icons] [Undo] [Redo]

Being in a school surrounded by students that take their education very seriously, she may believe that her parents were right all along. She also may experience feeling that she doubts herself of being able to pursue her dancing as a future career because of the career talks that occur in her school. The outcome of the career talks can also influence her spiritual well being as April believes that dancing is not a thing that could be able to make her feel successful. With all the other students in her school that strives for good education and better future she feels like she might also compare herself to others and have her feel like she belongs in that school and hopefully be able to do better in her education rather than focusing on dancing anymore.

(d) Explain how a combination of two or more factors interact, or work together, to influence April's hauora. Give two examples.

Example where factors interact (1):

B I U [List Icons] [Undo] [Redo]

These two combination of factors interact to influence April's hauora, as they bother share the same outcome of resulting in April dealing with her mental and emotional well being. With April not liking school she feels worried that her parents will be upset at her. This then causes her stress as if it wasn't for her parents of wanting her to focus on her education she would no longer feel stress about dancing and also worrying about her school. With April trying to also focus and pursue her passion of dancing she feels stressed because of the fear of failing school that could upset her parents. Her personal and interpersonal work together to influence April's hauora by creating that busy schedule that she mentioned in order to balance both dancing and her education.

Example where factors interact (2): interpersonal & societal

B I U [List icons] [Undo] [Redo]

April's interpersonal and societal factor works together through her parents wanting her to succeed in life with the best career. As for the school she attends she also finds herself feeling like she is surrounded by students that also share the same perspective and goals as her parents. This influences April's hauora well being as for her passion of dancing she is most likely surrounded by students or in a community where students are striving for what her parents would like to see any child can. They also affect her hauora as both interpersonal and societal interacts with each other in encouraging April to have the same outcome as them in life.

(e) When choosing a career pathway, which personal, interpersonal, and societal factors are likely to influence April's **hauora** more than others. Explain in detail.

B I U [List icons] [Undo] [Redo]

April's interpersonal factors are most likely to influence April's hauora more than the others. This is because when April is wanting to pursue dancing as well she also has to stay committed and prioritise her school as well. She feels that when doing her school work she will no longer have to worry making her parents upset and that she will try to make it into university just like her brothers did. It is most likely to influence April's hauora as it builds up a lot of stress of keeping up with the 2 most difficult things in her life. Her interpersonal factor of worrying about her parents thought of her trying to focus on school work and dance at the same time can have her be more organised in the things she does and having to manage her time wisely.

Merit

Subject: Health Studies

Standard: 92010

Total score: 05

Q	Grade score	Marker commentary
One	M5	<p>This candidate has clearly identified a relevant personal, interpersonal, and societal influence from the given scenario and explained how each influence could affect aspects of well-being. They have made some clear links between some influences (factors) that could work together and how they could impact on hauora.</p> <p>To move this response to excellence, the candidate would have to compare more than one influence in question enabling them to evaluate which factors would influence hauora more than others.</p>