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92011



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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.

Achievement

TOTAL 04

Make sure you have the paper **Resource Booklet 92011R**.

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. 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

- (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):

B *I* U     

Jamie could make his lunch for school at night with nutrients that his body needs like vegetables and other food his body is lacking especially if he has a hard time with sleeping and often only gets pizzas to eat. Doing this will enhance Jamie's physical well being because if he continues to make lunch for himself every night he will slowly start gaining more energy during the day which will also help him sleep better at night since he would now be getting the fuel his body needs to run for the day. This could also enhance his social well being because since he will be getting more sleep he will be a lot more happy throughout the day which could make him more confident when doing his hockey tournament which could possibly help his team compete better making them all gain a stronger relationship with each other.

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

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Jamie could ask his friends for help with studying for his school assessments. Doing this could help Jamie feel more productive and help him pass his assessments coming up. With Jamie getting help it will enhance his social well being because he is talking to his friends about how he needs help which could make their relationship stronger and Jamie will know that in the future he can ask them for help which will also enhance his mental and emotional since he won't have to be stressed out about not being "good" enough and left behind in his schooling. Lastly this can help his physical well being because if he started studying now then in the future when his assessment starts he won't have to struggle as much with trying to find out the answers which will help him sleep better at night instead of waking up stressing that he's behind.

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

B I U     

Jamie could go to a school counsellor and let them know how he's been feeling about all of this. The counsellors will now be able to give Jamie advice and places to go to get even more help than they can offer. Doing this will enhance Jamie's social well being because he would now have told someone all the things he's been going through recently and gotten advice about what to do next which will also enhance his physical well being since he would be able to use that information to help with everything that has been happening which will make him sleep better at night knowing that things will change for the better from now on. Lastly talking to a counsellor will enhance Jamie's mental and emotional well being since he would now have less things to worry about and has a high chance of becoming a more happier person since he won't be so far behind everyone else.

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

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

B I U     

If Jamie wanted to still continue working at the pizza shop and do good at school he could do less hours at the pizza shop so he has more time to do his schooling while also being able to keep his job and earn money. Doing this will enhance Jamie's mental and emotional well being because he will have more time to study and will increase his effort in school which will make him a lot happier since he will be succeeding while also keeping his job. This will also enhance his social well being since he will be able to understand a lot more in school and could possibly put him at the same level as his close friends which could help him create a stronger bond with them since they will all be doing the same thing. Lastly this could enhance his physical well being because he will now have one less thing to worry about which could let him get a better sleep at night and hopefully help him to stop waking up at random times.

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

B I U     

Jamie could ask his friend group to help him with his drivers test which will not only give him a higher chance of passing but will also help him create a bond between them since they helped Jamie out with something very important which will help his social wellbeing. Doing this will also help him mental and emotional wellbeing since he would now have people to talk to about the test and will give him more motivation to complete it. Lastly this will help him physical wellbeing because he would be able to be more productive in his daily life.

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

B I U     

After Jamie finishes his shift at the pizza shop he could go to the store and pick up some food items that have the nutrients he needs, like vegetables and meats to make himself breakfast, lunch, and dinner. If Jamie is too tired after work or the store closes before he's done he could always order the ingredients he needs online and get them dropped off at his house or he can go pick them up whenever he is free. This will enhance his mental and emotional well being because he will now be able to have food to keep himself going instead of eating junk food which has been making him extremely tired and ruining his motivation completely. It will also enhance his physical well being because he will be getting the nutrients he needs to fuel his body which will give him energy throughout the day and help him get a better sleep at night. Lastly doing this will enhance his social well being because since he is getting more sleep he will be more productive throughout the day and more talkative to his friends which will make not just Jamie but also his friends happy since they will be able to do things without Jamie having to cancel.

(c) How would a combination of strategies be effective at creating positive change for the hauora of Jamie, his friends and whānau, and the wider community? Give examples to support your answer.

B I U     

With combining the personal (making his lunch), interpersonal (ask friends for help) and societal (school counsellor) strategies it will enhance Jamie's hauora and the people around him. Doing these three strategies, Jamie will improve his attitude towards everything especially him comparing himself to everyone which will make him and the people around him a lot more happier. All three of these strategies also help improve his sleep and nutrition which will help him become a lot more focused in not only school but also work and other activities he does in between. Overall these strategies really do help Jamie and his mindset that everything's too hard when it really isn't he just needs to put in the extra work to achieve to his standards.

Achievement

Subject: Health Studies

Standard: 92011

Total score: 04

Q	Grade score	Marker commentary
One	A4	The candidate identified and described strategies throughout the response and recommended a strategy for each conflicting pressure.