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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.

Excellence

TOTAL 08

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): A personal strategy Jamie could use is continue to journal every night before bed. A journal is a good thing to confess your struggles to because it cannot judge or punish you. Journaling would help enhance Jamie's mental/emotional hauora because it helps reduce stress, prioritise fears and problems, and cope with depression. It would help enhance her physical hauora too, because doing something repeatedly ^{each night} before bed lets your brain know it's time for sleep. Jamie's social hauora may improve too because she will be well-rested and in a better mood for her friends, bringing them closer.

Interpersonal strategy (for Jamie's friends and whānau): ~~Jamie's family could help her choose beneficial subjects for her, not the ones that they think are best.~~ Jamie's hockey friends could invite Jaime to do practises and drills with them to improve Jaime's confidence. Since all of her teammates seem much more confident than her, it would help Jaime to learn from them. Jaime's social and physical hauora would be enhanced because she's getting closer and strengthening the bond with her teammates, and staying fit (by practising hockey). Jaime's mental/emotional hauora would also be enhanced because she feels less stressed / more confident after extra practise with ^{the team}.

Societal strategy (for Jamie's school and wider community): Jamie's school could offer a counsellor to go to if you need professional help or someone to talk to. This would provide a private and confidential environment where Jaime could get help, vent about her problems, and seek professional advice. Jaime's mental/emotional hauora would be enhanced because the counsellor would ease Jaime's anxiety and stress. Her social hauora would also be enhanced because she is talking / being vulnerable and spending time with the school-provided counsellor.

(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.

To find time to study for school while having a part-time job at the pizza place, Jaime would need to set aside time each day for study that doesn't clash with work hours and gives her time to sleep. Finding time may be hard, but it will reduce the stress of school because of her study. Jaime's hauora (mental/emotional) will be enhanced greatly, making this an effective strategy. The effectiveness of this strategy is diminished slightly because after a while, Jaime will become extremely tired due to constant work/study, negatively impacting her physical hauora.

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

Jaime feels pressured to pass her drivers test because everyone in her friendgroup already passed theirs. To reduce the stress and pressure, Jaime should ask her friends to help her study because ^{they} already know everything. This strategy is extremely effective because her friends will likely be more than happy to help her study for her drivers test, as it is easy for them and they care about Jaime. Jaime's mental/emotional hauora would be enhanced because ^{are enhanced} it lowers the stress and pressure to pass.

Her and her friend's social hauora ^{are enhanced} because they are all strengthening their relationships by hanging out and being there for each other (showing support).

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

To manage eating behaviours while working at the pizza place, Jaime should take a packed lunch and dinner to work and school that she can eat throughout the day at lunchtime and before/after work. This will enhance Jaime's physical hauora because she is eating proper meals at reasonable times instead of cheap Pizza from work. This strategy is very effective at improving Jaime's eating behaviours but may negatively impact her mental/emotional hauora by adding more stress to her routine (having to make and pack meals).

- (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.

Strategies like journaling every night, seeing a counsellor, and ~~making time to study for school~~ studying for the drivers test with friends would work together to enhance multiple dimensions of hauora in Jaime, her friends, and the community. Journaling before bed and seeing a counsellor are strategies that when combined, would extremely enhance Jaime's hauora, especially mental/emotional. Counselling and journaling would provide a safe, non-judgemental environment for Jaime to confess her worries and problems, making her feel a lot better. A counsellor would also provide professional opinions and other strategies for Jaime to try. Practising/ Studying for her drivers test with her friends would enhance Jaime's mental/emotional hauora because it will make her feel more confident and reduce stress involving the drivers test. It also gives her an opportunity to enhance her and her friends' social hauora because they are hanging out and having fun. This strengthens their bonds and relationships with each other because they are talking about something they have all experienced. Jaime's friends' mental/emotional hauora will also be enhanced because of this ~~same~~ reason. They are relating and having fun, meaning their moods are boosted. Jaime's mood will also be boosted, not only when she's with her friends studying, but also at home and work too. If her mood is boosted at work due to the fun she has and lack of stress, she will be friendlier towards customers and staff, increasing their moods too. The wider community's mental/emotional hauora will be enhanced because they are being interacted with and served by someone who looks happy and stress-free.

Excellence

Subject: Health Studies

Standard: 92011

Total score: 08

Q	Grade score	Marker commentary
One	E8	The candidate has identified and described strategies throughout the response, recommended a strategy for each conflicting pressure, and evaluated the effectiveness of each strategy to enhance Jamie's hauora. The candidate has evaluated the strategies that work together and draws conclusions about their effectiveness, with examples.