

Assessment Schedule – 2024**Health Studies: Demonstrate understanding of factors that influence hauora (92010)****Assessment Criteria**

Achievement	Achievement with Merit	Achievement with Excellence
<i>Demonstrate understanding of factors that influence hauora</i> involves: <ul style="list-style-type: none"> identifying and describing a variety of factors that influence hauora describing how the factors influence hauora, using examples. 	<i>Explain factors that influence hauora</i> involves: <ul style="list-style-type: none"> explaining how and why the factors interrelate to influence hauora, using examples. 	<i>Evaluate factors that influence hauora</i> involves: <ul style="list-style-type: none"> drawing conclusions about the implications of factors in relation to how they influence hauora.

N0 = No response; no relevant evidence.

N1	N2	A3	A4	M5	M6	E7	E8
Sparse Information. Some answers not attempted.	Some relevant material, but insufficient evidence to meet requirements for Achievement level.	The responses generally meet the requirements for Achievement, but the answers may be inconsistent across the criteria.	The responses meet the requirements for Achievement.	The responses generally meet the requirements for Merit, but some aspects of the answers may be inconsistent across the criteria.	The responses meet the requirements for Merit.	The responses generally meet the requirements for Excellence, but some aspects of the answers may be inconsistent across the criteria.	The responses meet the requirements for Excellence.

Cut Scores

Not Achieved	Achievement	Achievement with Merit	Achievement with Excellence
0–2	3–4	5–6	7–8

Evidence

Possible evidence is not limited to the following. Answers are not judged solely on the basis of evidence included in the assessment schedule.

Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(a) (i) (ii) (iii)	<p><i>Possible factors which might <u>positively</u> influence Anjali's hauora:</i></p> <ul style="list-style-type: none"> • Anjali has a job and a car. • She has a supportive family who care for her. • The family prepare meals to support her due to long work hours. • The family eat together, which allows them to catch up with one another. <p><i>Possible factors which might <u>negatively</u> influence Anjali's hauora?</i></p> <ul style="list-style-type: none"> • Time wasted sitting in traffic is frustrating. • She worries about how much time her son spends gaming. • Not enough quality time available to spend with her family or husband. <p><i>Possible evidence showing how a range of different factors interrelate to influence Anjali's overall hauora.</i></p> <p><i>Example: Anjali has a loving and supportive family, but stress factors such as traffic and work commitments mean she does not spend the quality time with them that she would like to. This affects her mental well-being as she is probably worrying unnecessarily, as her husband Zach is available for support at home. Work also means she does not spend quality time with her children, affecting her social well-being.</i></p>	Describes factors influencing Anjali's hauora from the scenario.	Explains how the factors around Anjali's hauora interrelate with each other.	
(b) (i) (ii)	<p><i>Possible factors which might <u>positively</u> influence Zach's hauora:</i></p> <ul style="list-style-type: none"> • His work is walking distance from home so it will be good for his physical well-being to exercise and get fresh air. • His work allows him to be at home with the children after school. • He has good knowledge regarding food. • He is organised with planning food for the week. • Zach spends time with Skye and Jai planning meals each week, which gives them good life skills. <p><i>Possible factors which might <u>negatively</u> influence Zach's hauora:</i></p> <ul style="list-style-type: none"> • Zach feels he does not spend enough quality time with Anjali. • He worries Jai is not eating enough nutritious foods such as fruit and vegetables. • This causes arguments with his son. 	Describes factors influencing Zach's hauora from the scenario.	Explains how the factors around Zach's hauora interrelate with each other.	

(iii)	<p><i>Possible evidence showing how a range of different factors interrelate to influence Zach's overall hauora.</i></p> <p><i>Example: Zach is an organised person and likes his family to be organised too. Planning meals with his children allows good social time for them to chat (along with having meals together) and a feeling of well-being in that he is teaching them to plan meals, which they can use in their future independent lives.</i></p> <p><i>Lack of quality time with Anjali is a stress factor as he does not see her as much as he would like due to her work hours and the time it takes her to travel to work.</i></p>			
(c) (i)	<p><i>Possible factors that influence Skye and Jai's hauora:</i></p> <ul style="list-style-type: none"> • Skye loves sport. • Skye is always hungry as she uses energy for sport, is growing, and likes takeaways as they are quick and easy. • Jai is focused on his studies and motivated by good grades but also likes gaming. • Jai is focused on his future and prioritises study to meet his career goals. • Jai likes quick and easy meals, is not keen on vegetables, and lacks nutritional knowledge. 	Describes factors influencing Skye and Jai's hauora from the scenario.	Explains how the factors around Skye and Jai's hauora interrelate with each other.	
(ii)	<p><i>Evidence showing how Skye and Jai are affected by a combination of these factors.</i></p> <p><i>Example: Both parents are working full-time but try spending as much time with their children as possible, planning meals, eating together, and spending time together in the weekends. By spending time together, Jai and Skye feel supported and cared for. Jai knows that if he wants a job like his parents, study is important, but he is also a teenager, so enjoys time gaming.</i></p> <p><i>Skye enjoys sport, which is both a physical and social outlet for her. Physical activity has positive influences for her muscle development. Socially it is great meeting up with friends, but the takeaways can have a negative effect on her body, if they are high in salt and fat. If consumed on a regular basis, they may contribute to obesity and heart disease later in life.</i></p>			
(d)	<p><i>Evidence explaining how and why some factors affect the families hauora more than others. Any factors can be chosen but must have explanations regarding how and why this affects family members.</i></p> <p><i>Examples of factors include, but not limited to:</i></p> <ul style="list-style-type: none"> • Anjali and Zach both have busy, well-paid jobs, so can spend money on eating out. But because they are busy, they are time-poor and this impacts the amount of time they can spend together as a family. • Family: eating at markets gives them the opportunity to try different cultural foods. 			<p>A range of factors are discussed in detail, clearly explaining how and why they affect the family's hauora.</p> <p>Justifications are made as to why they are the most influential.</p>

(e)	<p><i>How might the family be affected by your identified factors in the long term?</i></p> <ul style="list-style-type: none"> • Eating different cultural foods at markets could be positive in the long term as this will expose the family to a wider variety of foods. This could result in a varied diet and a deeper understanding and appreciation of different cultures. • Lack of time together could mean the family is unaware of each other's needs. This could negatively affect the closeness of their relationships, as well as not provide the social support that is needed for all family members. • Zach getting his children to help plan meals, learn how to cook, and take turns cooking could have a positive effect on the children as they grow up. They will be armed with knowledge and skills around organisation, nutrition, and cooking. This may help to keep them healthy and be more prepared for when they leave home. For example: Jai and Skye will have some budgeting and shopping skills from helping to plan the family meals. 			Evaluates (with some insight) how the family's Hauora might be affected in the long term.
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