

Assessment Schedule – 2025

Health Studies: Demonstrate understanding of strategies that enhance hauora (92011)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<p>Demonstrate understanding of strategies that enhance hauora involves:</p> <ul style="list-style-type: none"> identifying and describing strategies that enhance hauora with reference to a relevant underlying concept describing how the strategies enhance hauora, using examples. 	<p>Explain strategies that enhance hauora involves:</p> <ul style="list-style-type: none"> discussing how the strategies work together to enhance hauora with reference to a relevant underlying concept, using examples. 	<p>Evaluate strategies that enhance hauora involves:</p> <ul style="list-style-type: none"> drawing conclusions about the effectiveness of the strategies to enhance hauora, in relation to a relevant underlying concept, using examples.

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.

N0 = No response; no relevant evidence.

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)	<p><i>Recommend a strategy from each of the following categories and explain how each strategy could enhance Jamie's hauora.</i></p> <p>Personal strategies:</p> <ul style="list-style-type: none"> • journalling could enhance Jamie's hauora by getting his worries off his mind and onto paper, enhancing emotional well-being • mindfulness • time-management strategies • self-talk • goal setting. <p>Interpersonal strategies:</p> <ul style="list-style-type: none"> • talk to friends – Jamie could talk to a close friend to help him share his thoughts and feelings, positively impacting his mental well-being by having a friend listen to how he feels • make time to relax and socialise with friends • communicate with parents and family about his feelings • seek help from a coach or team manager • seek support at Jamie's place of employment. <p>Societal strategies:</p> <ul style="list-style-type: none"> • use online resources such as 0800WhatsUp and Gumboot Friday. • approach teachers at school and ask them for one-on-one support. By talking to teachers, Jamie will feel valued and able to take on the advice to improve his emotional well-being. • go to the counsellor at school • talk to a coach • go to a careers counsellor to seek advice on what is needed for university • see a sports psychologist. 	Identifies and describes TWO strategies.		

<p>(b)</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p>	<p><i>Recommend a strategy for each of the following conflicting pressures. Evaluate how effective each strategy would be at enhancing Jamie's hauora.</i></p> <p>Working at the pizza shop AND doing well at school:</p> <ul style="list-style-type: none"> Seeking help, support, and advice from a dean or guidance counsellor will give Jamie a sounding board for his thoughts and help him to develop some strategies to cope with the challenges that he faces between work at the pizza shop and schoolwork. This may lead to better time management and being under less pressure, to be better able to complete his schoolwork and achieve the results he aims for. The school guidance team are trained for these situations and can provide expert support to help young people navigate such challenges as mind-set, conflict with parents, and jobs, and they can help put support in place to plan for the future. <p>Driver licence test AND Jamie's friend group:</p> <ul style="list-style-type: none"> Jamie could seek to have a 'restorative' type chat with his parents about sitting the licence test and communicate fears with close friends. Airing worries with family and friends could resolve some of the pressures Jamie is feeling, which is mana-enhancing for both parties and could bring them together to improve their relationship and social well-being. <p>Working at the pizza shop AND meal stressors:</p> <ul style="list-style-type: none"> Jamie could talk to his parents about preparing meals to take to the pizza shop so that he eats a healthy meal on his break and doesn't bring pizza home to eat when tired. With prior planning and communication with Jamie's parents, they can work together to create a meal plan where he eats earlier (not late at night), which is healthier, with healthier food options. This will positively impact his physical well-being, providing more energy for school, work, and hockey training. 	<p>Recommends a strategy for each conflicting pressure.</p>	<p>Explains how recommended strategies can work together to address conflicting pressures.</p>	<p>Recommends a strategy for each conflicting pressure, and evaluates the effectiveness of each strategy to enhance Jamie's hauora.</p>
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<p>(c)</p>	<p><i>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.</i></p> <ul style="list-style-type: none"> • By improving Jamie’s health, strengthening his social support system, and creating a health-promoting environment in the school or community, each strategy flows on to the next. For example, Jamie might begin to feel more confident in his health decisions because of the support received from whānau and friends. This confidence is further bolstered by the positive reinforcement and resources available in the school or community, such as health education programmes or activities that encourage healthy habits. Over time, these strategies contribute to a more sustainable effect on Jamie’s lifestyle. • A combination of family support systems and a supportive school community creates health-enhancing change. By addressing Jamie’s health on multiple levels, these strategies ensure that positive changes are not only achievable, but sustainable. Jamie can build lasting health habits that benefit him not only personally but also his whānau, friends, and school. These interconnected strategies ultimately create a ripple effect, where the importance of health extends beyond Jamie’s immediate circle to impact the broader community. • With strategies interrelating, if Jamie raises some of his concerns around subject choice with his school, then perhaps it could allow their school to work with form teachers on how they have discussions with students and families to support well-being for all involved. This may have a positive impact on the family’s long-term relationship into Jamie’s life beyond school, when decisions are made that the family lacks knowledge and understanding about. 	<p>Identifies and describes at least TWO strategies.</p>	<p>Explains how the strategies work together to enhance hauora, using examples.</p>	<p>Evaluates a combination of the strategies that work together and draws conclusions about their effectiveness, using examples.</p>
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