

Title	Explain hauora practices to identify and develop a plan for a range of activities that whakaohoho te hinengaro		
Level	6	Credits	8

Purpose	People credited with this unit standard are able to: explain hauora practices that whakaohoho te hinengaro and identify and develop a plan for a range of activities that whakaohoho te hinengaro.
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Classification	Te Ara Hou ki te Ora > Hauora
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Available grade	Achieved
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Guidance Information

- Definitions of Māori words will be those relevant and in common usage in a hauora context and/or local iwi or hapū.
- Definitions

Hauora refers to the appropriate practices associated with the holistic wellbeing of an individual as a member of a whānau, hapū, and iwi. For the purpose of this unit standard, these practices are determined by service providers or entities that operate within a hauora context.

Hauora context refers to hauora service provision for Māori.

Hauora practices refer to Māori health practices.

Hauora setting refers to home care, hospital, residential care, rehabilitation centre, marae.

Hinengaro refers to the mind.

Maori customary practices refer to the accepted day-to-day activities within whānau, hapū, iwi.
- Outcome 3 will be presented as a case study
- Legislation and conventions relevant to this unit standard may include but are not limited to: the Health and Safety at Work Act 2015; *Standards for Traditional Māori Healing* (Wellington: Ministry of Health, 1999); and the Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996 and any amendments.
- Glossary

Whakaohoho – stimulate.

Hihiko – brisk, quick, joyous, cheerful.

Maia – brave, bold, capable.

Akiaki – dynamic, incite, urge.

Whakatenatena – encourage, hearten, egg on.

- 6 Descriptions and explanations can be presented in a number of ways that may include but are not limited to; oral presentations, visual presentations, written presentations, whakaari, waiata and haka.
- 7 All sources of information must be referenced.

Outcomes and performance criteria

Outcome 1

Explain hauora practices that whakaohoho te hinengaro.

Performance criteria

- 1.1 Māori customary treatments that whakaohoho te hinengaro are identified in relation to tikanga.
- 1.2 Māori customary treatments that whakaohoho te hinengaro are described in relation to hauora practice.
- 1.3 Examine and compare Te Whare Tapa Whā and Te Pae Mahutonga and their impact on te hinengaro.

Outcome 2

Identify a range of activities that whakaohoho te hinengaro.

Performance criteria

- 2.1 A range of activities to whakaohoho te hinengaro are identified and demonstrated.
- Range activities may include but are not limited to – hei tama tū tama, whakaropiropi, kopikopi, mū tōrere, kī-ō-rahi, karakia, waiata, mōteatea, whaikōrero, karanga, whakataukī, pepeha, poi, tītītōrea, whai, whakapapa, developing te reo, pūrākau, pakiwaitara; evidence of three activities is required.
- 2.2 Activities are examined in relation to hauora setting and capabilities.
- Range capabilities may include but are not limited to – access to services, at-risk participants, crisis situations, relevance; evidence of one setting and three capabilities is required.

Outcome 3

Develop a plan that includes relevant whakaohoho te hinengaro activities.

Performance criteria

3.1 Plan includes tikanga related to whakaohoho te hinengaro.

Range plan may include but is not limited to – karakia, kanohi-ki-te-kanohi, kōrerorero, whanaungatanga, manaakitanga, aroha, kaitiakitanga; evidence of three is required.

3.2 The plan includes expected outcomes.

Range expected outcomes may include but is not limited to – oranga, āhua, katakata, kōrero, hihiko, maia, akiaki, whakatenatena; evidence of three outcomes is required.

3.3 Evaluate the plan.

Range includes but is not limited to – what worked, what didn't work, what you would do differently.

Planned review date	31 December 2027
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 October 1998	31 December 2012
Review	2	18 December 2002	31 December 2012
Review	3	20 August 2010	31 December 2017
Review	4	10 December 2015	31 December 2024
Revision	5	28 September 2017	31 December 2024
Rollover and Revision	6	23 April 2020	31 December 2024
Review	7	2 March 2023	N/A

Consent and Moderation Requirements (CMR) reference	0165
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact the NZQA Māori Qualifications Services mqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.