

Title	Explain ora and hauora, and associated kaupapa		
Level	6	Credits	5

Purpose	People credited with this unit standard are able to explain: ora and associated kaupapa; hauora and associated kaupapa; and the effects of ora and hauora on tikanga tangihanga and take Māori.
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Classification	Tikanga > Tikanga Concepts
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Available grade	Achieved
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Guidance Information

- 1 The basic principles underpinning tikanga are common, but while there are some constants, the details of performance of tikanga, and their explanation, may differ. These differences may be at a whānau, hapū, iwi, marae or rohe level. The context of the learning should include the tikanga of the local mana whenua (if capable) but learning others' tikanga is also encouraged.
- 2 Evidence may be presented in a number of ways that may include, but are not limited to – oral presentations, visual presentations, written presentations, whakaari, waiata, haka.
- 3 Definition
Hauora refers to the Maori concept of health, and the philosophy of holistic and total well-being. It comprises te taha tinana (physical), te taha hinengaro (mental and emotional), te taha whānau (familial and social), te taha wairua (spiritual), and encompasses the individual as a member of a whānau, hapū, and iwi.
- 4 The resource support listed is given as a guide only and is not intended to be in any way prescriptive. It is acknowledged that different areas may have their own written and unwritten repositories of knowledge relevant to this unit standard.
Resource support includes:
Appropriate websites.
Alpers, A, (1964). *Māori Myths and Tribal Legends* (Auckland, NZ: Longman Paul).
Best, E, (1995). *Māori Religion and Mythology, Part 1* (Wellington, NZ: Museum of New Zealand, Te Papa Tongarewa).
Best, E, (1978). *Spiritual and Mental Concepts of the Māori* (Wellington, NZ: Whitcoulls Ltd).
Buck, P, (1982). *The Coming of the Māori* (Wellington, NZ: Whitcoulls Ltd).
Moko Mead, H, (2003). *Tikanga Māori: Living by Māori Values* (Wellington, NZ: Huia Publishers).
- 5 All sources of information must be referenced.

Outcomes and performance criteria

Outcome 1

Explain ora and associated kaupapa.

Performance criteria

1.1 Ora is explained in terms of ngā mahi a ngā atua.

1.2 Ora is explained in relation to wairua, mauri and other associated kaupapa.

Range other associated kaupapa may include but are not limited to – tipu, te ira tangata, whenua, hapū, whānau, whakapapa, hinengaro, tinana, mate Māori; evidence of two is required.

1.3 Ora is explained in relation to rongoā.

1.4 Ora is explained in terms of a Māori mode.

Range Māori modes may include but are not limited to – waiata (traditional and contemporary), haka, poi, mōteatea, whakataukī, whakataukī, pakiwaitara, pūrākau, whakapapa, whakairo, tukutuku, kōwhaiwhai, raranga, whatu, kākahu; tāmoko; taonga pūoro; tohu whenua; evidence of two is required.

Outcome 2

Explain hauora and associated kaupapa.

Performance criteria

2.1 Hauora is explained in terms of ngā mahi a ngā atua.

2.2 Hauora is explained in relation to wairua, mauri and other associated kaupapa.

Range other associated kaupapa may include but are not limited to – kaitiaki, mahi, whakapono; evidence of two is required.

2.3 Hauora is explained in terms of a Māori mode.

Range Māori modes may include but are not limited to – waiata (traditional and contemporary), haka, poi, mōteatea, whakataukī, whakataukī, pakiwaitara, pūrākau, whakapapa, whakairo, tukutuku, kōwhaiwhai, raranga, whatu, kākahu; tāmoko; taonga pūoro; tohu whenua. evidence of two is required.

Outcome 3

Explain the effects of ora and hauora on tikanga tangihanga and take Māori.

Performance criteria

3.1 Ora and hauora are explained in terms of their effects on tikanga tangihanga.

3.3 Ora and hauora are explained in terms of their effects on take Māori.

Range take Māori may include but are not limited to rongoā; Māori lifestyles; provision of health services for Māori; effects of colonisation; differing religious beliefs; evidence of two is required.

Planned review date	31 December 2028
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 November 1999	31 December 2015
Revision	2	14 August 2002	31 December 2015
Review	3	22 February 2005	31 December 2015
Review	4	17 December 2010	31 December 2015
Rollover	5	18 October 2012	31 December 2015
Rollover	6	16 July 2015	31 December 2017
Review	7	20 July 2017	31 December 2020
Review	8	29 November 2018	31 December 2025
Review	9	14 December 2023	N/A
Revision	10	27 March 2025	N/A

Consent and Moderation Requirements (CMR) reference	0237
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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 Qualification Services mqs@nzqa.govt.nz if you wish to suggest changes to the content of this unit standard.