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| Title | Manage and evaluate personal health and wellbeing to participate in a specific recreation activity | | |
| Level | 3 | Credits | 5 |

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| Purpose | People credited with this unit standard are able to: describe personal health and wellbeing in relation to ability to undertake a specific recreation activity, manage own health and wellbeing to enable safe and effective participation in a specific recreation activity, and evaluate personal health and wellbeing in terms of ability to participate in a specific recreation activity. |
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| Classification | Recreation and Sport > Recreation and Sport - Core Skills |
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| Available grade | Achieved |
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Explanatory notes

1 Definition

Industry good practice refers to practices promoted through industry national forums, newsletters, and assessments which are generally accepted by experienced practitioners as safe, relevant, and consistent with sustainable practices. These will be consistent with any applicable legislation, standards, codes, requirements or manufacturer's recommendations.

2 Range

Health and wellbeing may include but is not limited to – fitness levels, mental attitude, nutritional requirements, technical skills, personal safety.

3

The following legislation, codes, and other publications are relevant to this unit standard: Health and Safety in Employment Act 1992; Accident Compensation Act 2001; Sport New Zealand (formerly SPARC), Outdoor Activities – Guidelines for Leaders (Wellington: Author, 2005) <http://www.sportnz.org.nz/>. Ministry of Education, EOTC Guidelines – Bringing the Curriculum Alive (Wellington: Author, 2009) <http://www.tki.org.nz>, Bushcraft Manual, Mountain Safety Council Risk Management for Outdoor Leaders Manual, Mountain Safety Council <http://www.mountainsafety.org.nz/Resources/default.asp>, Leave No Trace principles, <http://www.leavenotrace.org.nz/>, Outdoor Safety Code, Water Safety Code, Boat Safety Code.

Outcomes and evidence requirements

Outcome 1

Describe personal health and wellbeing in relation to ability to undertake a specific recreation activity.

Evidence requirements

- 1.1 Personal health and wellbeing factors required to participate in a specific recreation activity are identified in accordance with industry good practice.
- 1.2 Own health and wellbeing is compared to the required factors for the specific recreation activity.

Outcome 2

Manage own health and wellbeing to enable safe and effective participation in a specific recreation activity.

Evidence requirements

- 2.1 Personal health and wellbeing goals relevant to undertaking a specific recreation activity are established.
- 2.2 Personal strategies are selected to create and implement a plan to achieve personal health and wellbeing goals

Outcome 3

Evaluate personal health and wellbeing in terms of ability to participate in a specific recreation activity.

Evidence requirements

- 3.1 Progress towards personal health and wellbeing goals is evaluated in terms of ability to safely and effectively participate in a specific recreation activity.

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| Planned review date | 31 December 2020 |
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Status information and last date for assessment for superseded versions

| Process | Version | Date | Last Date for Assessment |
|--------------|---------|-------------------|--------------------------|
| Registration | 1 | 17 September 2015 | N/A |

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| Consent and Moderation Requirements (CMR) reference | 0099 |
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the CMRs. The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited at info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.