

Title	Describe, manage and evaluate personal health and wellbeing to participate in a specific recreation activity		
Level	3	Credits	5

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 own 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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Guidance Information

- 1 All learning and assessment within this standard must be carried out in accordance with the following as relevant:
 - Te Tiriti o Waitangi/Treaty of Waitangi principles of partnership, protection and participation;
 - relevant legislation including Health and Safety at Work Act 2015, Health and Safety at Work (Adventure Activities) Regulations 2016, Privacy Act 2020, Children’s Act 2014 and Human Rights Act 1993, and all subsequent amendments and associated regulations;
 - *The New Zealand Curriculum* and/or *Te Marautanga o Aotearoa*; EOTC Guidelines – Bringing the Curriculum Alive 2016;
 - industry guidelines, including any relevant Good Practice Guide, in particular Tramping, found at <http://www.supportadventure.co.nz/good-practice/good-practice-guidelines/> and Activity Specific Guidelines, found at <http://www.supportadventure.co.nz/good-practice/activity-safety-guidelines-2/>;
 - industry codes such as the Mountain Safety Council Land Safety Code, available from <https://www.mountainsafety.org.nz/land-safety-code/> and Leave No Trace principles and relevant Care codes, all available from <https://www.doc.govt.nz/parks-and-recreation/know-before-you-go/care-codes/>, and any relevant activity specific industry codes;
 - a Safety Management System (SMS) including organisational policies and procedures covering risk management, incident and emergency response, and the use of personal protective equipment (PPE);
 - current industry good practice.

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

3 Definition

Current industry good practice means the range of actions currently accepted within the adventure and outdoor sector to manage the risk of harm to staff, participants, and others.

Outcomes and performance criteria
Outcome 1

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

Performance criteria

- 1.1 Identify personal health and wellbeing factors required to participate in a specific recreation activity.
- 1.2 Compare own current health and wellbeing with the health and wellbeing required for a specific recreation activity.

Outcome 2

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

Performance criteria

- 2.1 Establish own health and wellbeing goals relevant to undertaking a specific recreation activity.
- 2.2 Select strategies to create and implement a plan to achieve own health and wellbeing goals.

Outcome 3

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

Performance criteria

- 3.1 Evaluate progress towards own health and wellbeing goals in terms of ability to safely and effectively participate in a specific recreation activity.

Planned review date	31 December 2026
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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	31 December 2023
Review	2	25 November 2021	N/A

Consent and Moderation Requirements (CMR) reference

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Toi Mai Workforce Development Council qualifications@toimai.nz if you wish to suggest changes to the content of this unit standard.