

<b>Title</b>	<b>Maintain hauora - personal health and well-being</b>		
<b>Level</b>	<b>1</b>	<b>Credits</b>	<b>6</b>

<b>Purpose</b>	<p>This unit standard is intended for ākonga/learners with learning disabilities, including those with intellectual disability. They are people who require support with their learning either through additional resources, specialised equipment or adapted teaching programmes.</p> <p>People credited with this unit standard are able to maintain hauora - personal health and well-being (Supported Learning).</p>
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<b>Classification</b>	Supported Learning > Supported Learning - Personal, Community and Work Skills
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 This unit standard may contribute to programmes leading to the New Zealand Certificate in Skills for Living for Supported Learners (Level 1) [Ref: 2853]. It is not expected to contribute to the National Certificate of Educational Achievement (Level 1) [Ref: 0928] (NCEA).
- 2 This unit standard will be carried out in situations that are limited in range, meaningful, repetitive and familiar, and ākonga/learners will be engaged in activities within defined contexts.
- 3 The assessor must be satisfied that the ākonga/learner can demonstrate competence against the unit standard, with minimal support towards increased independence.
- 4 The pace of teaching and learning for ākonga/learners with disabilities, may take longer than 60 hours to achieve 6 credits.
- 5 This unit standard may be assessed in conjunction with other Supported Learning unit standards to allow for integrated assessment. The assessment should be integrated into a meaningful social, cultural, family/whānau, community and/or work context.
- 6 Assessments involve using a variety of methods that gives the ākonga/learner the opportunity to show competence. It is recommended that the collection of evidence is naturally occurring, in real life contexts, and collected over an extended timeframe. It may be oral or written, or practical evidence.

- 7 The assessor must be satisfied that the naturally occurring evidence can be attributed to the ākonga/learner. A verifier's checklist is acceptable if accompanied by evidence that includes examples from the ākonga/learner's performance.
- 8 Assessments and evidence may involve the use of digital technology – internet, laptop/iPad/tablet/cell phone, and augmentative communication, where appropriate for the ākonga/learner and context.
- 9 For the purpose of this standard, a reader and/or writer can be used to assist the ākonga/learner in assessment.
- 10 Definition  
*Hauora* refers to the Māori philosophy of health and is expressed in models such as *Te Whare Tapa Wha*, which comprises taha tinana (physical well-being), taha hinengaro (mental and emotional well-being), taha whānau (social well-being), taha wairua (spiritual well-being).

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## Outcomes and performance criteria

### Outcome 1

Maintain hauora - personal health and well-being.

### Performance criteria

- 1.1 Strategies are identified to maintain hauora.
- Range situations may include but are not limited to - fitness, nutrition, personal conduct, personal presentation, hygiene, sleep, puberty/sexual health, sexuality, relaxation, self-regulation, counselling, beliefs, or connections with land, people or nature; evidence of at least one strategy for each of four different situations is required.
- 1.2 Strategies identified for hauora are maintained as appropriate to the situation and the ākonga/learner's personal needs.
- Range evidence of one strategy applied to each of the four situations.
- 1.3 Two strategies are evaluated in terms of their effectiveness to meet the personal needs of ākonga/learners.

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<b>Replacement information</b>	This unit standard replaced unit standards 11861, 11880, 11901, 11902, 11903, and 11904.
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<b>Planned review date</b>	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	19 November 2015	31 December 2023
Rollover and Revision	2	26 November 2020	31 December 2023
Review	3	28 April 2022	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0113
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

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**Comments on this unit standard**

Please contact NZQA National Qualifications Services [nqs@nzqa.govt.nz](mailto:nqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.