

<b>Title</b>	<b>From a Māori world view describe the key elements of hinengaro, tinana, wairua and whānau</b>		
<b>Level</b>	<b>1</b>	<b>Credits</b>	<b>3</b>

<b>Purpose</b>	People credited with this unit standard are able to describe: a Māori world view and key elements; and how hinengaro, tinana, wairua and whānau contribute to the well-being of the individual and whānau.
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<b>Classification</b>	Te Ara Hou ki te Ora > Hauora
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<b>Available grade</b>	Achieved
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### Guidance information

#### Definitions

For this unit standard a *Māori world view* refers to the broader concept of holistic well-being and includes the key elements – hinengaro, tinana, wairua, whānau.

*Hinengaro* refers to the mental and emotional aspect of hauora: the capacity to communicate thoughts and feelings, to think critically and coherently;

*Tinana* refers to the physical aspect of hauora: the capacity for physical growth, development, and skilled movement;

*Wairua* refers to the spiritual aspect of hauora: personal belief structures; the quest for personal meaning, personal identity, and the values that determine the way people live;

*Whānau* refers to the wellness of the immediate family, the extended family or community;

*Personal identity*, self-worth are used as alternatives to terms such as self-esteem, self-concept, and self-confidence.

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### Outcomes and performance criteria

#### Outcome 1

Describe a Māori world view and key elements.

Range key elements include – wairua, hinengaro, tinana, whānau.

#### Performance criteria

1.1 A Māori world view is described.

1.2 Key elements are described.

## Outcome 2

Describe how hinengaro, tinana, wairua and whānau contribute to the well-being of the individual and whānau.

### Performance criteria

2.1 Select two key elements from hinengaro, tinana, wairua and whānau and identify and explain how these contribute to an individual's well-being.

Range may include but is not limited to – alcohol and/or drug situations, relationships, schoolwork, fitness, nutrition, personal identity, self-worth, puberty, peers, family, stereotypes, social media; evidence of two is required.

2.2 Select two key elements from hinengaro, tinana, wairua and whānau and identify and explain how these contribute to the well-being of whānau.

Range may include but are not limited to – economic factors, employment, relationships, education; evidence of two is required.

<b>Replacement information</b>	This unit standard replaced unit standard 14235.
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<b>Planned review date</b>	31 December 2022
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### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	18 August 2016	31 December 2022
Revision	2	28 September 2017	31 December 2022
Rollover and Revision	3	25 November 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0226
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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 NZQA Māori Qualifications Services [mqs@nzqa.govt.nz](mailto:mqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.