From a Māori world view describe the key elements of hinengaro, tinana, wairua and whānau

Purpose
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.

Classification
Te Ara Hou ki te Ora > Hauora

Available grade
Achieved

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.

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.

Replacement information

This unit standard replaced unit standard 14235.

Planned review date

31 December 2021

Status information and last date for assessment for superseded versions

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Consent and Moderation Requirements (CMR) reference

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 if you wish to suggest changes to the content of this unit standard.