

Sample Assessment Schedule – 2025

Health Studies: Demonstrate understanding of strategies that enhance hauora (92011)

Assessment Criteria

Achievement	Achievement with Merit	Achievement with Excellence
<p>Demonstrate understanding of strategies that enhance hauora involves:</p> <ul style="list-style-type: none"> identifying and describing strategies that enhance hauora with reference to a relevant underlying concept describing how the strategies enhance hauora, using examples. 	<p>Explain strategies that enhance hauora involves:</p> <ul style="list-style-type: none"> explaining how the strategies work together to enhance hauora with reference to a relevant underlying concept, using examples. 	<p>Evaluate strategies that enhance hauora involves:</p> <ul style="list-style-type: none"> drawing conclusions about the effectiveness of the strategies to enhance hauora in relation to a relevant underlying concept, using examples.

Evidence

Possible evidence is not limited to the following. Answers are not judged solely on the basis of evidence included in the assessment schedule.

Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(a)	<p>Strategies that could enhance Jack’s hauora may include:</p> <ul style="list-style-type: none"> • Jack’s employer could discuss work options with him, such as reduced hours or lighter duties, to help him stay employed and maintain a sense of independence. • Jack could set weekly nutrition goals, such as eating a vegetable with every meal, or drinking eight cups of water a day, to build a sense of accomplishment and restore healthier eating habits. • Jack’s sports team and coaches could involve him in team management tasks, like stats and admin, to help him stay connected and feel valued. • Jack’s mum could connect him with a counsellor for additional support, helping him manage his injury, rehabilitation, and commitments. • Jack could seek support from his employer, team, and family to help reduce isolation, making Jack feel that his life remains stable and socially supported. • Jack could see a counsellor to help him work through emotions tied to his injury, lifestyle changes, and recovery challenges, fostering a positive mental outlook. • Jack could stay heavily involved with his team to boost Jack’s optimism, build resilience, and strengthen his relationship with his coach. <p><i>Other responses possible.</i></p>	<p>Describes strategies that are relevant to the given context and are related to an underlying health concept.</p>		

Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(b)	<p>Attitudes and values that could influence the effectiveness of health strategies may include:</p> <ul style="list-style-type: none"> • Jack’s value for team support: staying connected with his team through management tasks will reinforce Jack’s sense of belonging and importance within the team is reinforced, strengthening his appreciation for teamwork and mutual support. • Jack’s respect for leadership: involving Jack in alternative team roles could increase his respect for the coach and his understanding of the value of every role within a team, including off-field contributions. • Jack’s independence and responsibility: staying employed with adjusted duties helps Jack maintain independence and responsibility, reinforcing his work ethic and sense of self-worth. • Jack’s value for mental health awareness: connecting with a counsellor emphasises the importance of mental health, likely encouraging Jack to value self-care and mental well-being, even beyond his recovery. • Jack’s appreciation for family support: Jack could be more likely to trust advice from his mother when connecting with a counsellor, reflecting a socio-ecological emphasis on family involvement in health care. This could strengthen motivation for rehabilitation. If family support was lacking or if there was cultural stigma around counselling, Jack might struggle with his recovery due to this value. • Jack celebrates progress: as he meets each food and physical goal, he can celebrate these small steps in his recovery journey, reminding him that taking care of his body, even through nutrition, is a way to work toward his dream of returning to basketball. <p><i>Other responses possible.</i></p>	<p>Describes an attitude or value that would affect or be affected by a strategy described in part (a).</p> <p><i>e.g. The strategy of Jack’s coach involving him in team management tasks could improve Jack’s respect for leadership. Similarly, Jack’s respect for leadership could improve his motivation.</i></p>	<p>Explains how strategies could work together to improve attitudes and values.</p> <p><i>e.g. The strategy of Jack’s mother connecting him with a counsellor, followed by the strategy of having regular check-ins with his mother would allow for Jack’s value of family support and care to be extended beyond a counselling session.</i></p>	<p>Draws conclusions about how strategies would work together to improve attitudes and values.</p> <p><i>e.g. Jack’s values, and his mother’s support in both strategies (connecting him with a counsellor and having regular check-ins with him) provides a personal and interpersonal influence that is likely to give Jack more motivation in communicating with his mother about his mental health. This engagement and tie in with Jack’s attitudes and values is likely to give the strategy a higher success rate than a strategy that goes against his value for family support.</i></p>

Part	Sample Evidence	Achievement	Achievement with Merit	Achievement with Excellence
(c)	<p>Attitudes, values, or views of others that could affect the outcomes of strategies may include:</p> <ul style="list-style-type: none"> • Workplace environment: if Jack’s employer fosters a supportive, flexible work environment, this could positively impact his recovery by reducing stress and allowing him to stay financially and socially engaged. Conversely, if the workplace culture does not support flexible roles, Jack may feel undervalued, which could hinder his mental and emotional recovery. • Community and social connections: Jack’s involvement in his team and alternative roles can help him stay connected to his social network, which is essential for maintaining his mental health. A strong community that values inclusivity and support could boost Jack’s sense of belonging and resilience. However, if his team or community does not fully embrace his modified role, he might feel isolated or undervalued. • Re-engage socially around food: sharing meals with family or inviting a friend over for a casual meal can provide Jack with both social connection and accountability for healthier eating. It could also be a way to reintroduce him to enjoying meals and healthy food without isolation. • Healthcare access and availability of mental health services: socio-ecological factors like the availability of accessible, affordable mental health services could significantly affect the success of Jack’s recovery strategies. If counselling and rehabilitation resources are easily available, Jack’s mental resilience may improve. Limited access to these resources, however, could delay his progress and hinder his well-being. • Societal attitudes and stereotypes toward injury and recovery: if Jack’s community holds stereotypical attitudes that discourage men from seeking help or showing vulnerability, he might feel reluctant to engage fully with the support options available. On the other hand, a community that values emotional expression and open-mindedness could encourage Jack to embrace counselling and other support systems more openly. • Educational Environment: if Jack’s coaches and teammates place value on learning from setbacks and adapting to new roles, it can positively influence his rehabilitation by making him feel that he’s gaining valuable experience. A team culture that instead prioritises only physical contributions might make Jack feel sidelined, affecting his motivation and self-esteem. <p><i>Other responses possible.</i></p>	<p>Describes a socio-ecological perspective relevant to a strategy.</p> <p><i>e.g. Social attitudes and stereotypes could deter Jack from seeking help from mental health services, because he feels ashamed to be seen to do so.</i></p>	<p>Explains how strategies, together, could be affected by socio-ecological perspectives.</p> <p><i>e.g. Jack’s sports team and coach are influential to his social connections. The team environment is crucial to the effectiveness of all strategies that involve the coach and team. Support from his team might give him confidence to seek help against other social attitudes, because he has his crew behind him.</i></p>	<p>Draws conclusions about the effectiveness of the strategies in relation to socio-ecological perspectives.</p> <p><i>e.g. If Jack’s team does not fully embrace his role or does not embrace his decision to connect with a counsellor, these strategies will be jeopardised. Though Jack is empowered by his personal views on family support, and his mother offers interpersonal support, this could be undone if Jack feels shamed by his community. However, if his community is supportive, Jack will have more success.</i></p>

N1	N2	A3	A4	M5	M6	E7	E8
Sparse information. Some answers not attempted.	Some relevant material, but insufficient evidence to meet requirements for Achievement level.	The responses generally meet the requirements for Achievement, but some parts may be weaker.	Responses securely meet the requirements for Achievement.	The responses generally meet the requirements for Merit, but some parts may be weaker.	Responses securely meet the requirements for Merit.	The responses generally meet the requirements for Excellence, but some parts may be weaker.	Responses securely meet the requirements for Excellence.

N0 = No response; no relevant evidence.

Cut Scores

Not Achieved	Achievement	Achievement with Merit	Achievement with Excellence
0–2	3–4	5–6	7–8