

Assessment Specifications

Level 1 Health Studies 2026

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General information

Domain:	Health Education
Standards:	92010, 92011
Assessment method:	Examination, end of year
Assessment medium:	Online digital examination

[Health studies subject page](#)

[National secondary examinations timetable](#)

Information relating to all achievement standards

Candidates are provided with a resource booklet containing scenario(s) and / or supporting resources.

Further information about digital external assessment can be found on the NZQA website.

[Digital external assessment](#)

Special assessment conditions

Refer to the NZQA website for further information:

[Aromatawai special assessment conditions](#)

Specific information for individual achievement standards

Standard:	92010
Title:	Demonstrate understanding of factors that influence hauora
Version:	3
Number of credits:	5

Candidates will be required to demonstrate their understanding of factors that influence hauora by analysing the scenario(s) and / or supporting resources provided by NZQA.

Candidates are required to use the scenario(s) and / or resources provided to support their response.

The assessment will be accessible to any of the Key Areas of Learning: Food and Nutrition, Mental Health, and Relationships and Sexuality.

Standard:	92011
Title:	Demonstrate understanding of strategies that enhance hauora
Version:	3
Number of credits:	5

Candidates will be required to demonstrate their understanding of strategies which enhance Hauora by analysing the scenario(s) and / or supporting resources provided by NZQA.

Candidates are required to use the scenario(s) and / or resources provided to support their response.

Candidate responses are expected to draw on one or more of the underlying concepts

- Attitudes and Values
- Health Promotion
- Socio-ecological perspectives

The assessment will be accessible to any of the Key Areas of Learning: Food and Nutrition, Mental Health, and Relationships and Sexuality.