

NZQA Assessment Support Material

Unit standard		29300			
Title	Maintain hauora – personal health and well-being (Supported Learning)				
Level	1	Credits	4	Version	1

STUDENT GUIDELINES

CANDIDATE'S INFORMATION	
First and last name	
NSN number	
Date	

INSTRUCTIONS FOR THE CANDIDATE

- 1. Do ALL parts of this assessment.**
- 2. Do this assessment by yourself.**
- 3. Ask your assessor if you need help to understand something better.**
- 4. Answer in a way that is easiest for you (e.g. iPad computer, cell phone, speaking to your helper, camera).**

CONDITIONS OF ASSESSMENT



- Part One of the assessment will be done with the assessor.
- Part Two of the assessment will be done by the candidate.
- The assessment will take place over a time set by the assessor.

Maintain hauora – personal health and well-being (Supported Learning)**HAUORA****ASSESSMENT****Assessment Task**

This assessment task has two parts. You will be asked to:

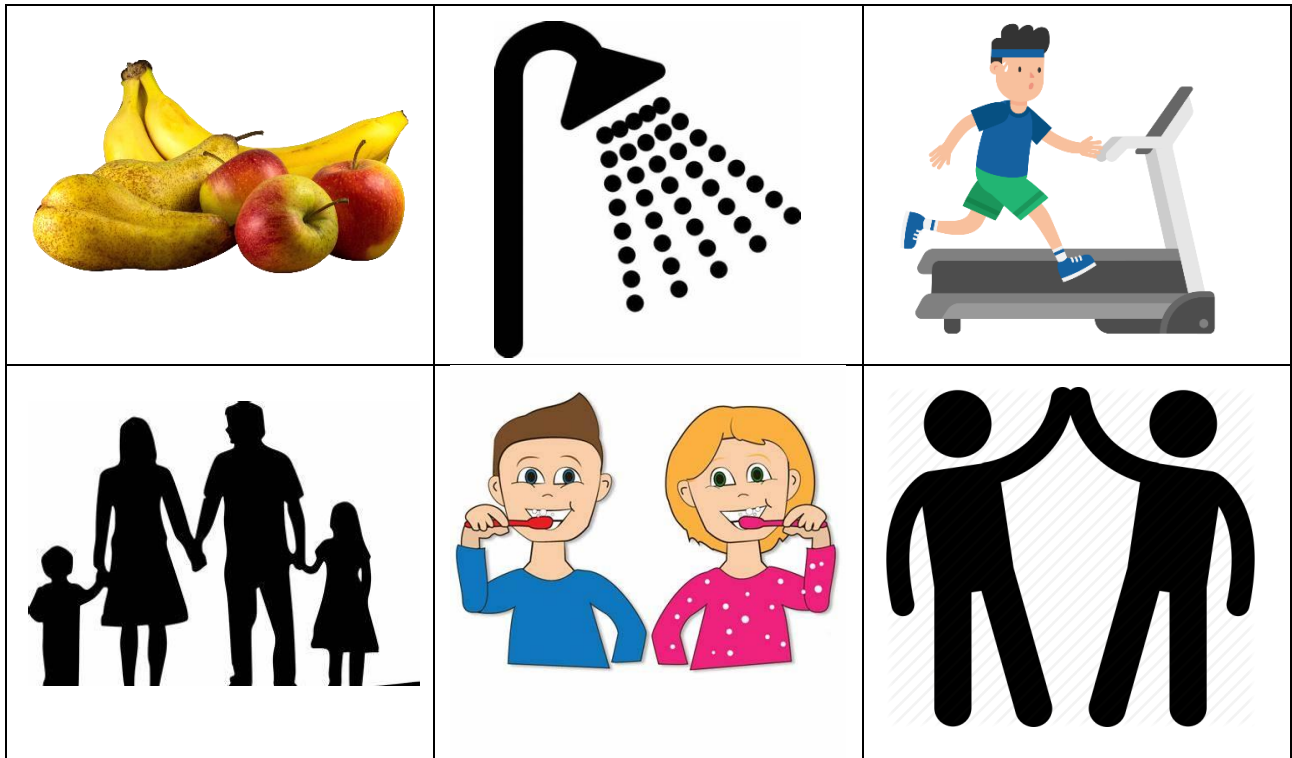
- 1** Identify one strategy that can be used to maintain hauora for four situations
- 2** Apply those strategies and provide evidence to show you have done so.

Part 1 Assessment





Choose **four** situations where you can maintain hauora. You can use the diagram in Appendix 2, on page 14, or think of your own.

Your teacher will help you to make sure. the situations you have selected are appropriate and relevant.



In the table below, identify the strategies with which you can maintain hauora, in each of the four situations you have chosen.

➤ Select strategies that are realistic and appropriate to you.

Situation	Strategies
<p>Example:</p> <p><i>Oral Health</i></p> <p><i>I want to keep my teeth strong and healthy, so I don't get rotten teeth. That would be very expensive to fix.</i></p> 	<p><i>To keep my teeth healthy, I need to:</i></p> <ul style="list-style-type: none"> <i>• Clean teeth twice a day</i> <i>• Visit the dentist regularly</i> <i>• Avoid sugary drinks</i> 
<p>1.</p>	
<p>2.</p>	

Situation	Strategies
3.	

Part 2 Assessment




For this part of the assessment you need to:

- ➔ a) Apply one strategy for each of the four situations that you have identified.
- ➔ b) Talk to your teacher about the best way to collect evidence to show that you have maintained hauroa.

For example, you could:

- ✚ video and/or take a photograph to show that you have maintained hauroa,
- ✚ get a printout of evidence, or
- ✚ get a testimony from someone.

- ➔ c) When you have applied these strategies, complete the columns shaded in orange, in the table below.

Situation	Demonstration of Strategy	Completed by:	Comments on candidate performance
Example: Oral health	<i>To keep my teeth healthy, I went to see a dentist and booked a follow-up appointment for 6 months' time.</i> 	Evidence: <i>Confirmation of visit by teacher</i> <i>Appointment card for 6 months' time.</i> Verified by: <i>Tony Brown</i> <i>(Teacher Aide)</i> Date: <i>7 April</i>	To be completed by the assessor: <i>Johnny visited a local dentist with his support staff and together they made the appointment. He then brought the appointment card as evidence. I checked that the visit was made by calling the dentist.</i> <i>Johnny made a follow-up appointment for 6 months' time.</i> ✓

Situation	Demonstration of Strategy	Completed by:	Comments on candidate performance
1.		Evidence: Verified by: Date:	
2.	To	Evidence: Verified by: Date:	

Situation	Demonstration of Strategy	Completed by:	Comments on candidate performance
3.	To	Evidence: Verified by: Date:	
4.	To	Evidence: Verified by: Date:	

Overall Performance Outcome: **Achieved** **Not Achieved**

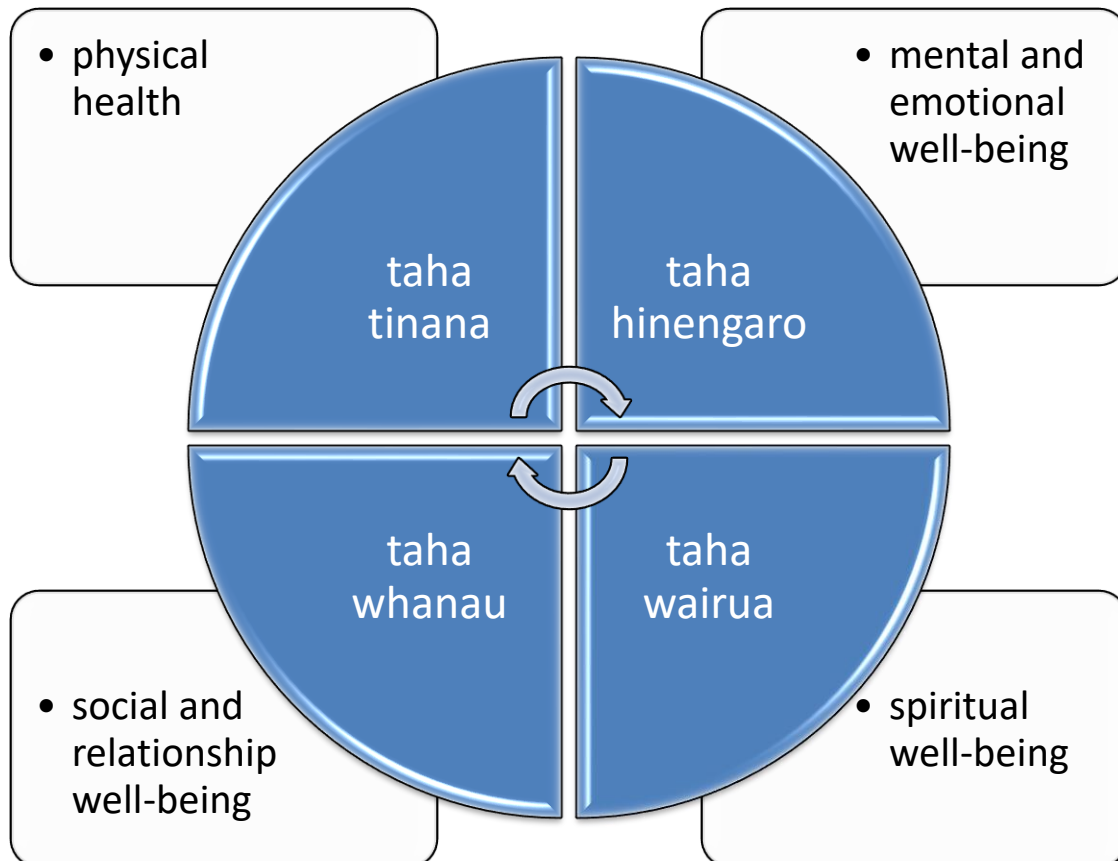
Assessor's Attestation:
I confirm the following:

- the learner has adequacy of knowledge and performance
- the assessment complied with relevant health and safety, and legislative requirements
- the learner's likely repeatable competence in the future.

Name:		Signature:	
Date:		Position Held:	

APPENDIX 1

Hauora is the Maori philosophy of health. It has of four parts.



These parts are not separate but are connected to each other.

APPENDIX 2

The diagram below shows some of the situations where you can maintain hauora. You maybe able to think of some other situations yourself.

