

HEALTH EDUCATION HPO1030Y1

INTERNAL ASSESSMENT ACTIVITY

ACHIEVEMENT STANDARD 91097 (VERSION 3) HEALTH 1.3

Demonstrate understanding of ways in which well-being can change and strategies to support well-being

Level 1, Internal

4 credits

STUDENT INSTRUCTIONS

Overview:

This achievement standard involves demonstrating understanding of:

- ways well-being can change
- strategies to support well-being.

Conditions:

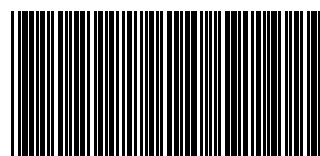
- This is an individual assessment activity; you may refer to your modules.
- As a guide you will need approximately two hours.
- It must be entirely your own work.
- Plagiarism detection software may be used to check this is your own work.

You will need:

- pen
- HPO1030 module.

Supervisor requirements

A supervisor must be present at specified times for this assessment. You must provide the full name of the supervisor and their relationship to you (e.g. parent, teacher, teacher aide etc.) when you upload your assessment to the HPO1030Y1 OTLE assessment dropbox.



ASSESSMENT CRITERIA

ACHIEVEMENT STANDARD 91097 (VERSION 3) HEALTH 1.3

Demonstrate understanding of ways in which well-being can change and strategies to support well-being

Achieved	Achieved with Merit	Achieved with Excellence
Demonstrate understanding of ways in which well-being can change and strategies to support well-being.	Demonstrate in-depth understanding of ways in which well-being can change and strategies to support well-being.	Demonstrate comprehensive understanding of ways in which well-being can change and strategies to support well-being.

SOURCE: NZQA

The assessment activity is based on changes described by different scenarios. Using the scenarios you will be required to:

Demonstrate understanding means to describe ways in which well-being can change in a specific situation, the likely feelings and responses of individuals and others to change, and to provide an account of strategies to support well-being during times of change.

Demonstrate in-depth understanding means to give explanations of the interconnected ways in which well-being can change in a specific situation, the likely consequent feelings and responses of individuals and others to these changes, and to provide explanations of strategies to support well-being during times of change.

Demonstrate comprehensive understanding means to explain, with insight, the interconnected ways in which well-being can change in a specific situation and the likely consequent feelings and responses of individuals and others to these changes, and to provide insightful explanations of critical strategies to support well-being during times of change. Insightful explanations will explicitly consider how the dimensions of well-being are inter-related in change situations, and include positive and negative feelings and responses. Explanations of *critical* strategies give a justification for the strategy and purposefully address the aspect(s) of well-being impacted upon by the change situations.

ASSESSMENT ACTIVITY

HP01030Y1

Demonstrate understanding of ways in which well-being can change and strategies to support well-being.

INSTRUCTIONS

- Read over the entire task, in particular the **assessment criteria** before beginning the activity.
- Assemble all the materials and tools required.
- Your supervisor must be present to observe you and complete the supervisor sheet.

Read the scenario provided.

Use this scenario to answer the following questions:

Scenario

Jack is 16 years old and he is in the middle of his Y11 NCEA exams. His family have lived in the same city and street and this is the only house Jack knows as home. His dad is a builder and his mum works part time at the retirement home close by. He has an older brother Jasen who is 20 years old, is training to be a chef and is keen to go flatting. Jack's mate Anton lives close by and they are inseparable at times. They have similar interests and are in the same swimming squad. Jack's goal is to get into the National Team to go to Australia in April next year.

Jack lives in a close supportive neighbourhood where the families catch up for social gatherings such as BBQs and games of cricket or touch.

Jack attends the local high school. He is outgoing so is involved in many aspects of school life.

Jack's parents are separating. It has been decided Jack will move in with his father in a small apartment 30 minutes drive away from their home and further from the swimming pool. This is happening next week, at the end of the school year. When Jack hears of this new situation he has many unanswered questions. He is not very good at adapting to change this quickly.

When answering tasks include information from the scenario and other ideas you think could be possible in the situation.

1A

TASK 1: CHANGES TO WELL-BEING

Explain with insight ways Jack's well-being might change as a result of his parent's separation. You need to take account of the four dimensions of hauora.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

1B

Explain how the changes across the dimensions of hauora are interrelated (how they are connected to each other) showing how they have a greater impact on Jack's well-being than if only one or two dimensions are affected.

[illegible]

TASK 2: FEELINGS AND RESPONSES

Jack will experience a range of emotions due to the change.

2A

Explain positive and negative feelings Jack could have about the change he is experiencing. Your explanation needs to describe the feelings and justify why Jack might respond in that way.

[illegible]

2B

Explain possible responses (something Jack might do) as a result of these feelings. Your explanation needs to describe the behaviour and justify why Jack might respond in that way.

[illegible]

TASK 3: FEELINGS AND RESPONSES OF OTHERS

Changes in Jack's life can have an effect on other people that he interacts with.

Note: Make sure the feelings and responses are different for each person.

3A

Explain positive and negative feelings at least two other people (Jack's parents, brother, friends) might experience due to the changes to Jack's well-being.

[illegible]



Explain possible responses (something the other people might do) as a result of these feelings.

[illegible]

TASK 4: SUPPORT STRATEGIES

Note: insightful explanations will show how the recommended strategies purposefully address how Jack's well-being has been impacted by his parent's separation.

4A

Describe personal strategies that Jack could use to support his own well-being. Explain with insight how each strategy would enhance Jack's well-being.

[illegible]

4B

Describe interpersonal strategies other people (parents, brother, friends) could use to support Jack's well-being. Explain with insight how each strategy would enhance Jack's well-being.

[illegible]

ASSESSMENT ACTIVITY



Describe societal strategies the school and/or the wider community could use to support Jack's well-being. Explain with insight how each strategy would enhance Jack's well-being.

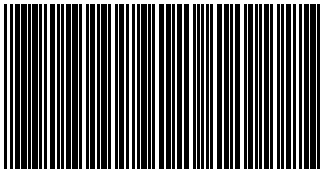
[illegible]

Use the following page if you need extra space for any of your explanations.

[illegible]

Reminder: Upload your assessment to the HPO1030Y1 OTLE assessment dropbox.

HP01030Y1



STUDENTS – PLACE STUDENT ADDRESS LABEL BELOW OR WRITE IN YOUR DETAILS.	
Full Name	_____
ID No.	_____
Address (if changed)	_____