

# HEALTH EDUCATION HPO1010Y1

## INTERNAL ASSESSMENT ACTIVITY

### **ACHIEVEMENT STANDARD 90971 (VERSION 3) HEALTH 1.1**

#### **Take action to enhance an aspect of personal well-being**

Level 1, Internal assessment

3 credits

### **STUDENT INSTRUCTIONS**

#### **Overview:**

This achievement standard involves the development, implementation and evaluation of a goal setting plan to enhance an aspect of personal wellbeing.

#### **Conditions:**

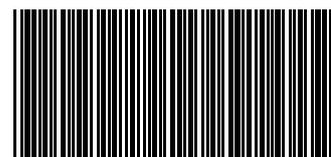
- This is an individual assessment activity; you may refer to your booklet.
- It must be entirely your own work.
- This will need to be done over at least three weeks.
- Plagiarism detection software may be used to check this is your own work.

#### **You will need:**

- pen.

#### **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 HPO1010Y1 OTLE assessment dropbox.



# ASSESSMENT CRITERIA

## ACHIEVEMENT STANDARD 90971 (VERSION 3) HEALTH 1.1

Take action to enhance an aspect of personal well-being

<b>Achieved</b>	<b>Achieved with Merit</b>	<b>Achieved with Excellence</b>
Take action to enhance an aspect of personal well-being.	Take detailed action to enhance an aspect of personal well-being.	Take comprehensive action to enhance an aspect of personal well-being.

SOURCE: NZQA

# ASSESSMENT ACTIVITY

## HEALTH EDUCATION

### INTRODUCTION

This assessment activity requires you to take action to enhance an aspect of your personal wellbeing by planning, implementing, and evaluating a SMART action plan to achieve a personal health-related goal.

You will be assessed on your ability to take comprehensive action to enhance an aspect of your personal well-being.

To demonstrate comprehensive action, evidence of the following is required:

- **Task 1**  
the development of an action plan for a health-related **SMART** goal to enhance wellbeing. This will include a detailed SMART goal, a detailed action plan that includes the essential steps/actions, organised in a logical manner, along with an explanation of relevant barriers and enablers and a realistic timeframe allocated
- **Task 2**  
the implementation of the plan where the action must be sustained over a **minimum of three weeks**. You need to implement your action and document extensive evidence relating to the implementation process
- **Task 3**  
an evaluation of the implementation of the plan, show critical insight in your evaluation by considering and weighing up the situation beyond the immediate outcomes of your steps/ actions.

*Take action to enhance an aspect of personal wellbeing* means to provide a workable plan related to the health goal. Evidence of implementation is provided for aspects of the plan. Reflections on the implementation are provided in the evaluation.

*Take detailed action to enhance an aspect of personal wellbeing* means to provide a coherent and connected plan containing steps clearly related to the health goal. Evidence of implementation of the plan is presented, and the evaluation of the implementation is related to the plan.

*Take comprehensive action to enhance an aspect of personal wellbeing* means to provide a coherent and well-connected plan that includes critical steps for achieving the health goal. Extensive evidence of implementation of all aspects of the plan is presented and the evaluation of the implementation shows critical insight. *Critical* means to attend to the essential actions to meet the well-being needs implied by the goal. *Critical insight* in the evaluation means to weigh up the situation beyond the immediate outcomes of the actions.

**Note:** Don't be limited by this template. Add your own paper or make your own template if you need extra space for your information.

## **INSTRUCTIONS**

1. Identify a SMART goal that could improve your personal wellbeing.
2. Develop an action plan that will enable you to achieve your goal.

In your action plan, include descriptions of:

- your chosen SMART goal (the timeframe is a minimum of three weeks)
- dimensions of your hauora that will be enhanced by achieving this goal (at least two) and how they will be enhanced
- possible barriers that could hinder the achievement of your goal and how you will overcome these barriers
- possible enablers (resources) that could help you achieve your goal
- three or more important and essential actions to be taken (these will make use of enablers and help to overcome barriers) in order to achieve your SMART goal. (The actions should be placed in a logical order.)
- what you will monitor or measure as you implement your action plan to ensure you are on-track to achieve your goal.

## **TASK 1:**

If you need to make changes to your Action Plan from HPO1011A, record your changes in the following table.

If you have no changes go to Task 2.

**ACTION PLAN**

<p><b>Step 1:</b> Write below your health related SMART goal</p>	
<p><b>Step 2:</b> Write below your selected aspects of wellbeing (at least two) that you want to improve upon</p>	

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<b>Step 3: Actions:</b> what action I will take to achieve my goal	<b>Step 4: Enablers:</b> (who or what might help the implementation of each action and how)	<b>Step 5: Barriers:</b> (who or what might hinder each action and how the barrier will be overcome)
1.		
2.		

3.	4.

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5.

## TASK 2

### IMPLEMENTING YOUR ACTION PLAN

How will I monitor the implementation of my plan?

(What evidence will I have to show that I'm achieving my goal? (Tick appropriate box(es) and explain how it will help.) For example: a healthy food plan, a fitness plan, or a reducing smoking plan.

I have included the following evidence (tick the appropriate evidence).

- Journal \_\_\_\_\_
- Log \_\_\_\_\_
- Photos \_\_\_\_\_
- Video \_\_\_\_\_
- Certificate \_\_\_\_\_
- Other \_\_\_\_\_

Record a minimum of 12 entries over three weeks. Use the template or your own log.

Keep a progress log as you work through your action plan. Make regular entries that outline your progress towards your goal. These entries will help you to write your evaluation.

In your progress log, record the following details:

- date of the action
- description of what happened
- who or what helped (enablers)
- what problems arose (barriers)
- your thoughts and/or feelings about progress towards your goal.

You are advised to record at least four entries per week for at least three weeks. Remember to record any deviations or changes that occurred from your initial plan.

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Entry	Actions/tasks (A brief description from your Action plan Task 1 – Step 3, pages 4, 5 & 6)	Monitoring the action (Comments on what you did/ what happened/when/where/ how long it took)	Reflections on the level of success of the action (Was the planned action successful/what else happened/ is there anything that could change/were there other barriers/any enablers/is there a better way to achieve your goal?)	Verification signature Supervisor/adult and any comments
<p><b>Week 1</b></p> <p>Entry 1</p>		<p>Date</p>		

Date
Week 1 Entry 2

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Date
Week 1 Entry 3

Date
Week 1 Entry 4

ASSESSMENT ACTIVITY

Date
Week 2 Entry 1

Date
Week 2 Entry 2

ASSESSMENT ACTIVITY

Date
Week 2 Entry 3

Date
Week 2 Entry 4

ASSESSMENT ACTIVITY

Date
Week 3 Entry 1

Date
Week 3 Entry 2

ASSESSMENT ACTIVITY

Date
Week 3 Entry 3

Date
Week 3 Entry 4



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ASSESSMENT ACTIVITY

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## ASSESSMENT ACTIVITY

### **B. Reflections** on your goals and future goal setting:

- how can this health related goal be continued
- what you would do differently next time when setting goals
- what would you repeat and why
- recommendations for goal setting in the future
- what have you learnt about yourself by taking this action that will help you in the future
- any other comments.

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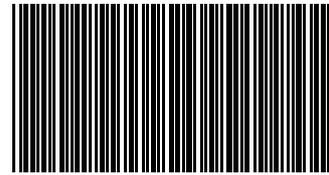
ASSESSMENT ACTIVITY

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**Reminder: Upload your assessment to the HPO1010Y1 OTLE assessment dropbox.**

**HP01010Y1**



**STUDENTS – PLACE STUDENT ADDRESS LABEL BELOW OR WRITE IN YOUR DETAILS.**

Full Name \_\_\_\_\_

ID No. \_\_\_\_\_

Address  
(If changed) \_\_\_\_\_