



## Level 1 Health, HTH 111 2009

### Aims/General Learning Outcomes

- For students to be equipped with the necessary skills, knowledge and attitude to maintain and enhance their personal wellbeing.
- For students to understand and contribute to the wellbeing of others and develop appreciation of a socio-ecological perspective towards health.
- For students to develop a holistic understanding of wellbeing, recognising that wellbeing is made up of a combination of interrelated dimensions.

### Course Content

1. **Hauora and Goal Setting:** Students will explore the four interrelated dimensions that make up wellbeing (hauora) by implementing and evaluating a goal-setting plan to enhance individual wellbeing.
2. **Interpersonal Skills:** This topic will help students understand the skills required to enhance interpersonal relationships. They will learn how to select and apply a problem-solving model to conflict situations.
3. **Sexuality Issues:** This unit explores issues around sexuality. Students will study the factors that influence sexuality and strategies to enhance sexual health.
4. **Drug Issues:** This unit studies the socio ecological influences on drug use and the implications on individuals, others and communities. Students will learn when and how to use a decision-making model so that a health-enhancing decision is made in relation to drug use.
5. **Managing Change:** This unit explores the factors that lead to changing states of health, for example injury, disappointment and grief, lifestyle changes and maturation. Students will examine how changing states of health impact on hauora and identify personal, interpersonal and societal strategies to manage these changes.

### Appeals

Any queries about an assessment decision should be made to your class teacher when the assessment is handed back. Any formal appeals should be made, **within one week** of the assessed work being returned to the Head of Department, Mrs Lendnal, or the Principal's Nominee Mrs Butler, who will investigate it further.

Work done in pencil or which has 'white-out' corrections cannot be reconsidered for appeals. Appeals need to be made within one school week of receiving a result.

### Further assessment opportunities

There will be a reassessment opportunity for Achievement Standard AS90064 in Term 2. This assessment opportunity will be eligible to all students regardless of level achievement in the first assessment.

**Assessment Record Sheet**

Standard Number and version	Title	No of Credits	Assessment Type	Timing	Result
AS 90061v3	Describe and apply concepts of and strategies for achieving hauora/wellbeing	2	Internally Assessed	Term 1, week 8	
AS 90064v3	Understand skills required to enhance relationships and apply a problem-solving model.	6	Internally Assessed	Term 2, week 4	
AS 90064v3	Understand sexuality issues and describe strategies for enhancing sexual health.	4	Internally Assessed	Term 2,	
AS 90066v3	Demonstrate understanding of issues relating to drug use.	4	Externally Assessed	Term 4,	
AS 90063v3	Describe strategies for managing changing states of health.	4	Externally Assessed	Term 4,	