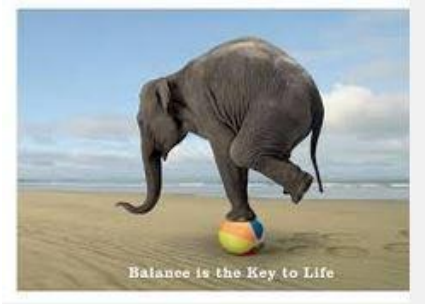




Level 1 Health : (L1HEA)

NCEA Level:	Level 1
Primary Qualification:	NCEA
Primary Learning Area:	Health and Physical Education
Date:	2020
Teachers:	Mrs Karon Berghan Ms Nancy Vercoe



Standards on Offer

NCEA Level	Standard Number	Version Number	Credits	Assessment	Literacy	Numeracy	Vocational Pathways
1	AS90971 03	Health 1.1 - Take action to enhance an aspect of personal well-being ***	3	Internal	Yes	No	PI, SI, SC, CI
1	AS91097 03	Health 1.3 - Demonstrate understanding of ways in which well-being can change and strategies to support well-being	4	Internal	Yes	No	PI, SI, SC, CI
1	AS90973 03	Health 1.4 - Demonstrate understanding of interpersonal skills used to enhance relationships	5	Internal	Yes	No	PI, SI, SC, CI
1	AS90974 04	Health 1.5 - Demonstrate understanding of strategies for promoting positive sexuality	4	Internal	Yes	No	SC, CI
1	AS90975 03	Health 1.6 - Demonstrate understanding of issues to make health-enhancing decisions in drug-related situations	4	External	Yes	No	PI, SI, SC, CI
Total Available Credits			20				

Note: These courses are subject to change with the review of courses at the end of each year. Course is endorsable.

****(Offered at the discretion of the teacher)*

Course Outline

Term 1 3 February - 9 April 2020 (10 weeks)	Term 2 28 April - 3 July 2020 (10 weeks)	Term 3 20 July - 25 September 2020 (10 weeks)	Term 4 12 October to early November 2020 (4 weeks)
Making a relationship work - Interpersonal skills - ongoing unit			
Concepts in Health Education Be a Better You - Health Promotion	Managing change-Mental Health Positive Sexuality	Positive Sexuality Drug issues	Drug issues continued Revision for external Course evaluation and review
KEY DATES: Week 9 - Assessment task due	KEY DATES: Week 6/7 - Mental Health assessment	KEY DATES: Week 5: Sexuality Assessment Mock examination on Drugs at end of term	KEY DATES: External examination

What will I learn and how will I learn?

This course will give students the opportunity to take action to enhance their own personal well-being, demonstrate ways to be resilient and manage change and stress, how to enhance relationships through effective use of communication skills, develop strategies to promote positive sexuality, and understand the importance of making health-enhancing decisions in drug-related situations.

Students develop an understanding of well-being by learning about the Model of Hauora. They develop respect and compassion for others and an appreciation of diversity. They are encouraged to think critically and view situations from personal, interpersonal and societal perspectives.

Using digital technology is encouraged and promoted in this course. Teachers use Google Classroom and are heading towards using google sites for teaching and learning. An awareness of current affairs and researching using the internet to investigate topics is encouraged. Students are expected to complete regular homework tasks. Learning is interactive.

Knowledge, skills and experiences gained in Health Education are beneficial for many types of occupations. Students may want to take this course to learn more about their own health, or they may be looking for a career in the following fields: Health and Physical Education Teacher; Personal Trainer; Nurse; Dentist; Doctor; Physiotherapist; Occupational Therapist; Speech and Language Therapist; Health Practitioner; Midwife; Chiropractor; Paramedic; Psychologist; Social worker; Police Officer; Primary or Early Childhood Teacher; Health Promoter; Media campaigner; News Reporter; Special needs worker; Armed forces; Police; Lawyer or Politician.

Entry Criteria

Students require high achievement in Year 10 English, or Level 1 English is an advantage - or by HOD approval. Level 1 Health Education is a University approved course if students follow this pathway to Level 3.

Conditions of Assessment

Four of these achievement standards are internally assessed. Evidence of learning is collected using a variety of methods, encouraging students to be creative and innovative in their way of presenting information to be assessed. For example, creating a magazine, keeping a journal, digital recording, role play and written assessment. There will be one external exam at the end of the year, completed under exam conditions. It is a written exam, lasting one and a half hours. Students are expected to have an 85% or above attendance rate in order to have the knowledge required for assessments.

Submitting Internal Assessments

Assessment will be submitted in relation to the calendar suggested above.

Resubmission and Further Assessment Opportunities

A resubmission opportunity for the work of students who just miss out on achieving a particular grade may be granted at the discretion of their teacher. There are no reassessment opportunities for Health achievement standards.

Popular Tertiary Courses include:

[Health Science - AUT](#)

[Bachelor of Health Sciences - University of Auckland](#)

[Bachelor of Nursing - University of Auckland](#)

[Bachelor of Health Science in Psychology](#)

[Bachelor of Social Work](#)

[Bachelor of Nursing - Northtec](#)

