

Level 1 Health Studies Achievement Standards

Dates and Venues: These are guideline weeks only

HEALTH STUDIES – L1HEST					
<i>Course Relationship to the National Vocational Pathways</i>					
Construction & Infrastructure	Manufacturing & Technology	Primary Industries	Services Industries	Social & Community Services	Creative Industries
0	0	0	18	18	15
Course Entry	Entry is based on recommendation from your Year 10 Physical Education and Health Teacher and/or the HOD of Health and Physical Education.				
Course Overview	This course involves developing skills to think critically, understand how to work effectively with others, and take action to improve an aspect of your own well-being. Topics include Hauora and Well-being, Change Management, Sexuality and Drug Education. This is an interactive course where you will be encouraged to regularly collaborate with other students. This course can lead to career opportunities in psychology, teaching, counselling, social work, nursing, and health promotion.				
Assessment	This course will be assessed to Level 1 achievement standards. Assessment will include both internal and external achievement standards. Students will have the opportunity to gain a maximum of 20 credits at Level 1.				
Course Fees	This course fee is compulsory for all students taking Level 1 Health and covers costs for outside providers.				
					\$60.00

Course 'Aims'

To introduce students to a course from the Health Achievement Standards. This course will give students an insight into one curriculum area.

Description of Course

This course allows students to apply health strategies in a practical setting.

Topics

Topics include, Relationships & problem solving, Taking action to enhance personal lifestyle, Sexuality and Keeping safe.

Practical Activities: Hip Hop, Yoga, Tai chi, Zumba, Jump Jam, Cardio, Stand up Paddle Boarding & Mindfulness.

AS	Title	Internal / External	Credits	Weeks/Dates
AS90971	Take action to enhance an aspect of personal wellbeing	Internal	3	Term 1, 7 Weeks
AS90974	Demonstrate understanding of strategies for promoting positive sexuality	Internal	4	Term 2, 7 Weeks
AS90973	Demonstrate understanding of interpersonal skills used to enhance relationships	Internal	5	Term 2-3, 8 Weeks
AS90975	Demonstrate understanding of issue to make health-enhancing decisions in drug-related situations	External	4	Term 3-4 7-8 Weeks

Total of 16 Credits

OTUMOETAI COLLEGE PHYSICAL EDUCATION DEPARTMENT POLICIES AND PROCEDURES

Authenticity

Assessed work must be your own work. You and your caregivers will be expected to sign authenticity declarations and, where appropriate submit working drafts. Where evidence indicates work presented is not your own work the school policy will be followed, i.e. a non-credit for that unit.

Attendance

You are expected to attend class on a regular basis as set out in the school policy on attendance. If there is a record of consistent non-attendance which could jeopardise safety or the achievement of the rest of the group then an alternative work place will be considered during PE lessons.

It is the students' responsibility to catch up on work that has been missed through non-attendance.

If an assessment is missed a **Doctors Certificate** must be presented to enable student to sit the assessment.

Participation

Students must **participate in 85%** of any practical or theory aspects of this course to be eligible to enter the standard.

Appeals

Appeals of grades awarded are to be made within three school days of the return of assessed work. Where a grade is appealed, school policy will be followed.

Marked work is **not** to be removed from the classroom.

Late Work

Late work will **not** be accepted for assessment unless exceptional circumstance exists, (computer failure is not a valid reason to hand work in late) and an extension will be given by your teacher. Extensions must be applied for **three** days prior to the due date.

Verifying Grades

Students will be required to verify the grades they have been awarded by signing the result slip attached to each piece of work.

Compassionate Considerations

Compassionate consideration for a student who is absent from an internal assessment may be made if there is sufficient evidence available from other work related to the same skill/contact and no other re-assessment opportunity is available.

Retention of Student Work

Your teacher will retain all work completed during this course.

