

Sfrito Assessment Guideline

Unit 496

Level 1: Credit 2: Version 6

Manage personal wellness

Activity Instructions:

Candidates will be assessed in their work environment over the next 3 or 4 weeks.

Assessment will include:

- 1). A written response for elements 1 and 2 which includes determining wellness options and producing a plan to manage them.
- 2). Assessment for element 3 will also include verified documentation and observation of the implementation of the candidate's plan for management of their own self wellness to be carried out over a period of 3 or 4 weeks in the workplace.

Purpose statement:

People credited with this unit standard are able to: describe factors which influence own personal wellness; produce a plan to enhance or maintain own personal wellness; and implement the plan.

Special Notes:

1. All activities associated with this unit standard need to accommodate differing cultural attitudes and approaches.
2. All concerned with the teaching/learning and assessment relating to this unit standard need to be aware of, and respect, any issues of privacy and confidentiality. Such issues must be treated sensitively, recognising that wellness is a subjective judgement of one's own health status.
3. An assessment resource to support this unit standard can be found on the NZQA website at:
www.nzqa.govt.nz/services/nqs/ass_resources.html

Element 1: Describe factors which influence own personal wellness.

Task:

1. Candidate states own unchangeable wellness factors.
2. Candidate highlights modifiable factors.
3. Candidate brainstorms modifiable factors that enhance or maintain wellness.

Performance Criteria

Evidence

1.1	<p>Own personal unchangeable wellness factors are identified.</p> <p>Range:factors include but are not limited to - age, sex, personal health history, family health history, cultural norms.</p>	<ul style="list-style-type: none"> • Details of age, sex, personal health history, family health history relevant to candidate. • Information provided for all factors.
1.2	<p>Own personal modifiable wellness factors are identified.</p> <p>Range:factors may include but are not limited to - smoking, blood pressure, cholesterol, weight, stress, alcohol and/or drug use, diet, exercise, chronic back and/or other pain.</p>	<ul style="list-style-type: none"> • Answer will be specific to candidate. • Appropriate factors highlighted.
1.3	<p>Ways in which own wellness can be enhanced or maintained are described in terms of modifiable wellness factors.</p> <p>Range:ways may include but are not limited to - balanced diet, exercise, safe driving, time for self, self esteem, interpersonal skills, social and cultural connectedness, personal hygiene, self care for minor medical conditions and illnesses, use of health professionals; evidence is required for five ways.</p>	<ul style="list-style-type: none"> • Answer is to include but is not limited to five factors listed in range statement that enhance or maintain personal wellness. • These need only be stated, not described.

Element 2: Produce a plan to enhance or maintain own personal wellness.

Range: the plan will focus on wellness issues but may have another goal (perhaps relating to career or education/training or leisure activities) to which wellness issues are relevant.

Task: Candidate produces a plan to promote personal wellness that makes provision for, and sets objectives relative to the personal wellness factors identified in Element 1.

Performance Criteria		Evidence
2.1	Plan includes provision for the impact of unchangeable wellness factors. Range:factors include but are not limited to - age, sex, personal health history, family health history, cultural norms.	<ul style="list-style-type: none">• Considerations relating to unchangeable wellness factors' will be specific to candidate.• Considerations to be relevant to achievement of goal.
2.2	Objectives are set specifically to achieve personally defined goals to enhance or maintain personal wellness, relative to the modifiable wellness factors. Range:factors may include but are not limited to - smoking, blood pressure, cholesterol, weight, stress, alcohol and/or drug use, diet, exercise, chronic back and/or other pain; evidence is required for three factors.	<ul style="list-style-type: none">• Candidate provides a personal wellness plan• Steps outlined in plan are appropriate to goal and take into consideration wellness factors.
2.3	Objectives are set specifically to achieve personally defined goals to enhance or maintain personal wellness, relative to the ways in which personal wellness can be enhanced. Range:ways may include but are not limited to - balanced diet, exercise, safe driving, time for self, self esteem, interpersonal skills, social and cultural connectedness, personal hygiene, self care for minor medical conditions and illnesses, use of health professionals; evidence is required for three factors.	<ul style="list-style-type: none">• Steps to enhance or maintain goals are outlined in plan and are appropriate to goal.• Goals relate to three factors from 1.3.• Plan is achievable and measurable

2.4	Plan is achievable but challenging, and includes ways of measuring achievement and progress.	<ul style="list-style-type: none"> Plan is achievable and measurable, for example, includes Timelines, Review dates.
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Element 3: Implement the plan		
Task: 1. Candidate successfully implements the plans from element 2. 2. Candidate makes significant progress towards goals.		
Performance Criteria		Evidence
3.1	Progress is made which is observable and measurable against objectives and/or personally defined goals.	<ul style="list-style-type: none"> Completed progress charts Progress is measured against goal. Progress is recorded on each date set in chart.

Unit 496v6 Checklist		Candidates Name			
Manage personal wellness					
Assessor/Provider Name: _____					
Element 1: Describe factors which influence own personal wellness					
1.1	Own personal unchangeable wellness factors are identified. Range: factors include but are not limited to - age, sex, personal health history, family health history, cultural norms.				
1.2	Own personal modifiable wellness factors are identified. Range: factors may include but are not limited to - smoking, blood pressure, cholesterol, weight, stress, alcohol and/or drug use, diet, exercise, chronic back and/or other pain.				
1.3	Ways in which own wellness can be enhanced or maintained are described in terms of modifiable wellness factors. Range: ways may include but are not limited to - balanced diet, exercise, safe driving, time for self, self esteem, interpersonal skills, social and cultural connectedness, personal hygiene, self care for minor medical conditions and illnesses, use of health professionals; evidence is required for five ways.				
Element 2: Produce a plan to enhance or maintain own personal wellness					
2.1	Plan includes provision for the impact of unchangeable wellness factors. Range: factors include but are not limited to - age, sex, personal health history, family health history, cultural norms.				
2.2	Objectives are set specifically to achieve personally defined goals to enhance or maintain personal wellness, relative to the modifiable wellness factors. Range: factors may include but are not limited to - smoking, blood pressure, cholesterol, weight, stress, alcohol and/or drug use, diet, exercise, chronic back and/or other pain; evidence is required for three factors.				
2.3	Objectives are set specifically to achieve personally defined goals to enhance or maintain personal wellness, relative to the ways in which personal wellness can be enhanced. Range: ways may include but are not limited to - balanced diet, exercise, safe driving, time for self, self esteem, interpersonal skills, social and cultural connectedness, personal hygiene, self care for minor medical conditions and illnesses, use of health professionals; evidence is required for three factors.				
2.4	Plan is achievable but challenging, and includes ways of measuring achievement and progress.				
Element 3: Implement the plan					
3.1	Progress is made which is observable and measurable against objectives and/or personally defined goals.				
DATE	CANDIDATES NAME & SIGNATURE	ASSESSORS SIGNATURE			C/NYC
	<u>1.</u>				
	<u>2.</u>				
	<u>3.</u>				
	<u>4.</u>				

Comments:

Note: the assessor needs to ensure **sufficiency** of performance and knowledge. Therefore the assessor needs to know that the Candidate has performed the tasks competently many times before and will be competent in the future. Ticking/ dating the boxes more than once, having 2 checklists for different assessment occasions or observing workplace performance over a period of time can show this.