

# Health

Level 3



# Health (Level 2 and Level 3 Unit standards)

This programme will give you a broad introduction to health and wellbeing, giving you foundational knowledge for further study.

You will explore a range of health topics, including the anatomy and physiology of the human body, the principles of infection control, how infection is caused and spread, influences that contribute to mental health challenges, and factors to establish good mental health and wellbeing. You will learn about lifespan stages, wellness indicators, and appropriate interventions and support for people at different stages of life as well as contributing to a community project.

## Location: Hamilton Rotokauri Campus

Level 2	31 Weeks	Credits
20826	Demonstrate knowledge of infection control requirements in a health or wellbeing setting	3
27299	Describe benefits of participation in recreation in the local community	2
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27457	Describe the anatomy and physiology of systems and associated organs of the human body	6
27461	Describe indicators of wellness, interventions, care, and support for people at different lifespan stages	5
26971	Describe factors that contribute to mental health wellbeing and mental health challenges	3
22257	Profile a Youth Culture in Aotearoa New Zealand	3
<b>Total NZQA Credits</b>		<b>22</b>

## How do I enrol?

If you are interested in studying at Waikato Trades Academy (WTA), please speak to your school's career advisor. They will discuss your options and how studying one-day-a-week at WTA will work around your school subjects. Your advisor is responsible for contacting WTA on your behalf to secure a place.

**If you are interested, please ask your career's advisor to email [wta@wintec.ac.nz](mailto:wta@wintec.ac.nz). Visit [wintec.ac.nz/wta](http://wintec.ac.nz/wta) to find out more.**