LEVEL 3 HEALTH FOR HEALTH SCIENCE *3HHS*

What is this course about?

Are you considering a future in Health Science, Biomedical Science, Medicine, or another health-related field? Level 3 Health is a dynamic and academically rigorous course designed to support your journey toward university-level study and a career in health.

This course offers an engaging exploration of current national and global health issues, where you'll critically examine topics like mental health, public health initiatives, and the effectiveness of health promotion programs in Aotearoa New Zealand. You'll develop strong analytical, research, and communication skills as you evaluate the systems and structures that shape community and individual wellbeing.

From investigating ethical dilemmas in healthcare to exploring the social determinants of health, this subject challenges you to think deeply, question assumptions, and consider how you can contribute to a healthier, more equitable society. You'll gain the confidence and foundational understanding that universities and health-related degrees expect, while building real-world insight into the fast-changing landscape of modern health.

Students also have the opportunity to deepen their understanding of functional anatomy, physiology, and biomechanics by electing to complete a Physical Education standard through a medical lens. This theory-only option allows you to explore how the body functions and moves—without any practical component—making it especially relevant for those planning to enter clinical or biomedical fields.

Level 3 Health is a university-approved subject that offers a full Achievement Standard course.

If you're serious about a future in the health sciences—and want a course that connects your learning to the real world—this is your gateway to both academic success and meaningful impact.

What sorts of things will I do?

In Level 3 Health, you'll build valuable research skills and learn how to gather, analyse, and interpret health information from a range of sources. You'll work both independently and in small and large groups to explore big ideas, develop shared understandings, and challenge your thinking.

You'll examine statistics to better understand patterns and trends in health, and engage in group discussions to unpack complex topics. You'll also reflect on your own beliefs and values, while learning to appreciate and critically consider perspectives that may differ from your own.

Expect a mix of collaborative tasks, analytical activities, and real-world problem solving—all designed to deepen your understanding and prepare you for the kind of thinking required at university and in health-related careers.

Nga Rau o Te Whariki o ASHS

Rangatiratanga (self-determination) supports ākonga to achieve. Thinking and meaning-making are promoted. Learning is meaningful and connected.

To experience success, students will have opportunities to develop their learning dispositions through:

Engagement:	Managing self:	Learning relationships:
• Students will be actively and enthusiastically engaged in all elements of this course. • Students will explore and work to use new subject specific terminology in context. • Students are encouraged to formulate and ask and answer questions to support their learning progress. • A range of resources will be provided to students, that they will utilise to progress their learning.	• Students arrive on time with positive attitudes ready to learn. • Students will be prepared and arrive to all lessons with appropriate equipment for learning. • Students will look for resources to support their learning within the tools provided. • Students will work to complete tasks in a timely manner. • Students will explore the use of checkpoints and peer reviews on learning and assessment work.	• It is expected that students will aim to develop positive learning relationships with all students in their class and other classes in the subject. • Students will be able to utilise these relationships to help them to develop their understanding of theoretical concepts. • Students will work towards developing a range of interpersonal skills to support positive relationships with their peers and teacher.

What standards can I enter?

Your teacher will work with the whole class and with you to devise a learning programme that is responsive to your strengths, interests, and one that sets you up to aim high and achieve your potential.

NCEA	Standard Number	Name of standard	Assessment mode	Credits (W/R)	Time frame
Internal	AS91464 3.4	Analyse a contemporary ethical issue in relation to well-being	Written / Documentary / Podcast	4 R	Term 1
Internal	AS91463 3.3	Evaluate health practices currently used in New Zealand	Written / Documentary / Podcast	5 R	Term 2
Internal	AS91461 3.1	Analyse a New Zealand health issue	Written / Documentary / Podcast	5 R	Term 3
External	AS91465 3.5	Evaluate models for health promotion	Written Exam	5 R, W	Term 4
1 standard can be switched with the standard below.					
INT	91499 3.2	Analyse a physical skill performed by self or others (from a medical perspective - Functional Anatomy & Biomechanics for Injury Prevention & Injury Recovery)	Written	3	Term 2/3

Key for Credits column:

R - UE reading literacy W - UE writing literacy

Scholarship Opportunity

In this subject area - Scholarship opportunity looks like:

- For those interested you will be partnered with an expert outside of ASHS to progress your scholarship entry. This will involve spending time outside of school hours to complete.

Frequently asked questions

Where might health lead?
The skills developed in health will be useful for all students and especially those who are interested in careers such as:
Ambulance officer,
Chiropractor,
Dietician,
Diagnostic Radiologist,
First Aid Instructor,
Health and Safety Officer,
Hospital Nurse/Orderly,
Massage Therapist,
Mental Health Nurse,
Midwife,
Natural Health Therapist,
Occupational Therapist,
Physical Education or Health Teacher,
Primary School Teacher,
Police Officer,
Rest Home Worker,
Social Worker.

Will I be accepted if I have not done Level 1 or Level 2 health: Yes, but it is recommended that you have done Health in Year 11 and 12

Is there a lot of writing? Yes, but there will be opportunities to practice your writing skills with workshops. Each Internal has a set of checkpoints, which provide important feedback essential for success in the subject.