

National Health Education Standards

Audio Descriptive Text

Title: Chapter 2. Health Education; National Health Education Standards. Images from HECAT Appendices. Icon representing what students should know. Icon representing what students should be able to do and their mastery of certain skills. Cover of HECAT document. 8 standards. Standard 1 appears with icon representing what students should know. Standards 2-8 appear with icon representing what students should be able to do and skill expectations.

Video Summary

- The *National Health Education Standards* reflect essential knowledge for students to have and essential skills for them to be able to perform.
- The HECAT integrates these standards into the process for analyzing a health education curriculum.
- There are eight *National Health Education Standards*.

Audio Script

The health content and health behavior skills embodied in the *National Health Education Standards* serve as the foundation for a quality health education curriculum. The HECAT integrates these standards into the process for analyzing a health education curriculum.

The *National Health Education Standards* reflect what students should know, or essential knowledge for them to have; and what students should be able to do, or essential skills for them to be able to perform, after completing a high quality instructional program in health education.

Performance indicators are linked to each standard. Indicators provide a foundation for curriculum development, instructional delivery, and assessment of student knowledge and skills to be addressed at each grade level. This is reflected in a “scope and sequence.”

The HECAT uses the *National Health Education Standards* as the framework for analysis. Standard 1 helps determine the extent to which the curriculum is likely to enable students’ mastery of the essential knowledge. Standards 2-8 help determine the extent to which the curriculum is likely to enable students’ mastery of the essential skills that promote healthy behaviors.

The eight *National Health Education Standards* are:

STANDARD #1: Students will understand concepts related to health promotion and disease prevention to enhance health. This standard includes essential concepts that are based on established health behavior theories and models.

STANDARD #2: Students will consider the influence of family, peers, culture, media, technology and other factors on health behaviors. This standard focuses on identifying diverse internal and external factors that influence health practices and behaviors.

STANDARD #3: Students will demonstrate the ability to access valid information and products and services to enhance health. This standard focuses on how to identify and access trustworthy health resources and to reject unproven sources.

STANDARD #4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. This standard focuses on how to use verbal and non-verbal skills to develop and maintain healthy personal relationships.

STANDARD #5: Students will demonstrate the ability to use decision-making skills to enhance health. This standard includes the essential steps needed to make decisions to establish and maintain healthy lifestyles.

STANDARD #6: Students will demonstrate the ability to use goal-setting skills to enhance health. This standard includes the critical steps needed to achieve both short- and long-term health goals that make it possible for individuals to have plans for the future.

STANDARD #7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. This standard promotes accepting personal responsibility for health and encourages healthy behaviors.

STANDARD #8: Students will demonstrate the ability to advocate for personal, family, and community health. This standard helps students focus on improving the health of others, including their family members, peers and members of their community.

The HECAT lists the Standard #1 essential knowledge and Standards #2-8 skill expectations for all health topics across all grade groups.