

Overview of the Modules

Audio Descriptive Text

Title: Chapter 3. Using the HECAT; Overview of Modules. Images from HECAT document showing forms and text. Icons that represent these topic areas: alcohol and other drugs; healthy eating; mental and emotional health; physical activity; personal health and wellness; safety; sexual health; tobacco; violence prevention; and comprehensive health education.

Video Summary

- Chapter 6 contains modules for analyzing curricula focused on specific health topics as well as comprehensive health education curriculum.
- There are ten health topic modules: Alcohol and Other Drugs, Healthy Eating, Mental and Emotional Health, Personal Health and Wellness, Physical Activity, Safety, Sexual Health, Tobacco, Violence Prevention, and Comprehensive Health Education.
- The health topic modules analyze the core of the curriculum (i.e., knowledge and skills) that contribute to health-promoting behavior.

Audio Script

Chapter 6 of the HECAT contains modules for addressing curricula that focus on specific health topics or that comprise a comprehensive health education curriculum. Each module is intended to be completed by a curriculum review team. Each module contains a description of the health topic to be addressed, including the healthy behavior outcomes (or HBOs) relevant for a curriculum in that topic area.

As described earlier in this training, these are the health topic modules found in the HECAT:

- Alcohol and Other Drugs (AOD)
- Healthy Eating (HE)
- Mental and Emotional Health (MEH)
- Personal Health and Wellness (PHW)
- Physical Activity (PA)
- Safety (S)
- Sexual Health (SH)
- Tobacco (T)
- Violence Prevention (V), and
- Comprehensive Health Education (CHE)

It's important to review the healthy behavior outcomes, knowledge expectations, and the skill expectations needed to meet these outcomes because they must reflect your local community needs and conform to the curriculum requirements of your state or school district. Add, delete, or revise items to meet your community needs and curriculum requirements. After that is done, then your team is ready to analyze a curriculum.

To select the appropriate topic module, determine if the curriculum clearly focuses on a single topic, such as tobacco; only on two or three topics, such as nutrition and physical activity; or if it is a comprehensive health education curriculum.

If the curriculum focuses on a single topic, select the appropriate module. If it's clear that the curriculum is intentionally limited to a specific number of topics, use the corresponding modules that address these topics. If a curriculum is determined to be a comprehensive health education curriculum, use the CHE module.

The CHE module should not be used to analyze a single topic curriculum, even if the curriculum under review addresses all grade levels. Likewise, multiple single-topic modules should not be used to analyze a comprehensive curriculum.

An analysis of a comprehensive curriculum should examine the extent to which a curriculum:

- Addresses priority knowledge expectations in multiple health topics within a single grade group and across grade groups;
- Addresses specific skills and expectations in particular health topics and at particular grade levels; and
- Provides sufficient opportunities for students to practice essential skills across the curriculum.

These aspects of the CHE analysis components are not found in single-topic modules.

The Health Topic Modules analyze the core of the curriculum, that is the knowledge and skills that contribute to health-promoting behavior.

This information from the HECAT can also be used directly or modified to inform the development of a health education scope and sequence.