

HECAT: Chapter 6

Overview of Modules

Chapter 6 contains modules to address separate health-topic curricula and comprehensive health education curricula. Each module contains a description of the health topic to be addressed, including the behavioral outcomes that would be relevant for a curriculum in that topic area.

The following is a list of Chapter 6 modules:

Module AOD: Alcohol and Other Drugs

Module HE: Healthy Eating

Module MEH: Mental and Emotional Health

*Module PHW: Personal Health and
Wellness*

Module PA: Physical Activity

Module S: Safety

Module SH: Sexual Health

Module T: Tobacco

Module V: Violence Prevention

*Module CHE: Comprehensive Health
Education*

If a curriculum clearly focuses on a single topic, such as tobacco, use the module that addresses that topic. If a curriculum focuses on outcomes related to only two or three topics and it is clear that the curriculum is intentionally limited only to those topics (e.g., only nutrition and physical activity; or only sexual health and violence prevention), use the two or three topic-specific modules that address these topics.

If a curriculum addresses numerous health problems, issues, or topics; focuses on more than one grade level; and includes a wide range of learning activities to address multiple health outcomes then consider using the comprehensive health education curriculum module (CHE).

Each module is intended to be completed by a curriculum review team. (See Chapter 1, Figure 2 for team assignments.)

All modules use the National Health Education Standards as the framework for analysis. This framework helps determine the extent to which the curriculum is likely to enable students' mastery of the essential knowledge (Standard 1) and skills (Standards 2–8) that promote healthy behavior.

Because school curricula must meet local community needs and conform to the curriculum requirements of the state or school district, users are encouraged to review the analysis items before using any module to analyze a curriculum. Users should add, delete, or revise items to meet community needs and curriculum requirements.