

Course Objectives

Audio Descriptive Text

Title: Chapter 1. Introduction; Course Objectives. Cover of CDC's Health Education Curriculum Analysis Tool (HECAT). Images from the HECAT document. 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. Images of printouts from the paper version of the HECAT.

Video Summary

- After taking this course, you will be able to:
 - Identify the components of the HECAT.
 - Use the HECAT, in conjunction with a team, to conduct a review of health education curricula.

Audio Script

The Health Education Curriculum Analysis Tool, also known as the “HECAT,” is designed to be used by those who develop a health education scope and sequence, as well as those who develop or select health education curricula. It reflects current research in health education and uses science to improve health education practices.

The HECAT incorporates the characteristics of an effective health education curriculum and the *National Health Education Standards*. It addresses a wide range of health topics, including 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 curricula.

It:

- Uses science to improve practice;
- Aligns with current *National Health Education Standards*;
- Shapes curriculum revisions based on consistent and objective analysis;
- Involves parents and community members in the curriculum review and recommendation process; and
- Respects the role of local school authorities in making curriculum decisions.

The HECAT is a set of tools that you can use to walk through a complete curriculum development or selection process. As a result, you can be more confident that your health education curriculum addresses the knowledge and skills students need to improve their health and provides teachers with the instructional tools necessary to help students succeed.

After taking this course, you should be able to:

- Identify the components of the HECAT; and
- Use the HECAT, in conjunction with a team, to conduct a review of a health education curriculum.