HECAT
Health Education Curriculum Analysis Tool*

Lessons for Health Education Teacher Preparation Programs

Introduction to CDC’s

HECAT
Health Education Curriculum Analysis Tool *

Lesson 2:
Understanding the Characteristics of an Effective Health Education Curriculum

Lesson 2: Objectives

After completing this lesson, students will be able to:

1. Describe the Characteristics of an Effective Health Education Curriculum

2. Formulate an example of how each Characteristic of an Effective Health Education Curriculum could be reflected in a tobacco-use prevention health education curriculum
State-of-the-Art Health Education Curricula

Reflect research that emphasizes:

• Teaching functional health information
• Shaping personal values and beliefs
• Shaping group norms
• Developing essential health skills
Characteristics of an Effective Health Education Curriculum

Process of identifying characteristics:

- Reviews of effective programs and curricula
- Input from experts in the field
Characteristics of an Effective Health Education Curriculum

1. Focuses on clear health goals and related behavioral outcomes
2. Is research-based and theory-driven
3. Addresses individual values, attitudes, and beliefs
4. Addresses individual and group norms that support health-enhancing behaviors
Characteristics of an Effective Health Education Curriculum

5. Focuses on reinforcing protective factors and increasing perception of personal risk and harmfulness of engaging in specific unhealthy practices and behaviors.

6. Addresses social pressures and influences.

7. Builds personal competence, social competence and self efficacy by addressing skills.

8. Provides functional health knowledge that is basic, accurate, and directly contributes to health-promoting decisions and behaviors.
Characteristics of an Effective Health Education Curriculum

9. Uses strategies designed to personalize information and engage students.

10. Provides age-appropriate and developmentally-appropriate information, learning strategies, teaching methods, and materials.

11. Incorporates learning strategies, teaching methods, and materials that are culturally inclusive.
Characteristics of an Effective Health Education Curriculum

12. Provides adequate time for instruction and learning.

13. Provides opportunities to reinforce skills and positive health behaviors.

14. Provides opportunities to make positive connections with influential others.

15. Includes teacher information and plans for professional development that enhances effectiveness of instruction and student learning.
Locating Characteristics in the HECAT Chapters – Activity #1

• Use the HECAT, Module 6 (Tobacco), and Handout “Locating Characteristics in the HECAT Chapters.”

• Determine where the characteristic is supported in the given chapter(s) and page number(s).

• See example.

• Write your answer in the space provided.
Characteristics of an Effective Health Education Curriculum Application Examples – Activity #2

- Work with a partner or group of 3 for this activity.
- Each group will receive 2 or 3 Characteristics of an Effective Health Education Curriculum Application Examples.
- Read each Application Example and think about the Characteristic of an Effective Health Education Curriculum it supports.
Characteristics of an Effective Health Education Curriculum Application Examples – Activity #2

• Each Characteristic and Application Example has ●, ●, or ▲.

• Match the Application Examples to the appropriate Characteristics of an Effective Health Education Curriculum.

• The Application Examples deemed to be not so effective should be placed under the Not So Effective Practice card.
Lesson 2: Reflection

What was the most important concept you learned in this lesson?
Any questions?

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