HECAT
Health Education Curriculum Analysis Tool*

Lessons for Health Education Teacher Preparation Programs

Introduction to CDC’s

HECAT
Health Education Curriculum Analysis Tool *

Lesson 5:
HECAT in Action:
Synthesizing Your Results
Lesson 5: Objective

After completing this lesson, students will be able to:

• Summarize the strengths and weaknesses, omissions, and extras of a curriculum based on completing a HECAT analysis
“Strength” and “Weakness” Defined

- **Strength**: Element of curriculum that closely meets all of the HECAT criteria
  - Example – The curriculum thoroughly and effectively teaches students the process of goal setting; it allows opportunities for practice and reinforcement

- **Weakness**: Element of curriculum that does not closely match the HECAT criteria
  - Example – The teacher talks about the skill of goal setting, but the students never have an opportunity to practice the skill
“Omission” and “Extra” Defined

• **Omission:** Missing element of a curriculum based on the HECAT criteria
  - Example – Opportunities for students to practice encouraging their peers to postpone intercourse are not included

• **Extra:** Additional element of a curriculum as outlined in the HECAT criteria
  - Example – The curriculum includes detailed information on the different drugs an HIV infected individual would take
HECAT Curriculum Analysis Worksheet
Activity Instructions (steps 1 - 2)

1. Review your scores
   • Chapter 4 – Preliminary Curriculum Considerations
   • Chapter 5 – Health Education Curriculum Fundamentals

2. Record strengths and weaknesses on your Curriculum Analysis Worksheet
   • Be specific
   • Give examples
HECAT Curriculum Analysis Worksheet
Activity Instructions (steps 3 - 5)

3. Review your scores
   • For each NHES (HECAT Chapter 6)
   • Overall Summary Forms (Chapter 3)

4. Record strengths and weaknesses on your Curriculum Analysis Worksheet
   • Be specific
   • Give examples

5. Decide if this is a curriculum you would recommend to a school district
Synthesis

• Review your specific findings
• Share your results with the class
• Discuss if this is a curriculum you would recommend to a school district
Any questions?

For more information please contact Centers for Disease Control and Prevention

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