

Title: Applying the Characteristics of Effective Health Ed Curricula to Curriculum Planning and Instruction

Track: School Health: Teaching and Learning

First Choice Presentation: 60 Minute workshop

Second Choice Presentation: Any Format chosen by reviewers

Topic: Curriculum Development/HE-CAT, PE-CAT and Other Tools

Percentage Lectured / Interactive: 50/50

Presentation Level: Introductory

Core Beliefs Addressed:

Schools are uniquely positioned to help students acquire healthy habits for a lifetime. Schools prepare students to be college and career ready, which includes being a health literate adult.

School health professionals should be highly-qualified and practice evidence-based health and education strategies. The need for undergraduate and graduate training in health education and the need for certified, licensed or state-endorsed professionals is addressed in this belief and supported through the Healthy People 2020 objectives.

Grade Level: Pre-K-2, 3-5, 6-8, 9-12, Higher Education

Grade Modifier: The characteristics emphasize teaching functional health information (essential concepts); shaping personal values that support healthy behaviors; shaping group norms that value a healthy lifestyle; and developing the essential health skills necessary to adopt, practice, and maintain health-enhancing behaviors, appropriate for varying grade levels. Session discussion will focus on applying these characteristics appropriately at varying grade levels and across multiple topic areas.

Health Standards and Indicators: 1; 2; 3; 4; 5; 6; 7; 8

Lead Presenter Disclosure: Conflict: No;

Second Presenter Disclosure: Conflict: Yes; Employee/Consultant of Company X

Student Presentation: No

Abstract

CDC reviewed syntheses of effective programs and solicited input from experts to identify 15 Characteristics of Effective Health Education Curricula. Research suggests that the health behaviors of students can be positively impacted when these characteristics are integrated into teaching and learning. The characteristics emphasize teaching functional health information (essential concepts); shaping personal values that support healthy behaviors; shaping group norms that value a healthy lifestyle; and developing the essential health skills necessary to adopt, practice, and maintain health-enhancing behaviors.

This presentation will provide a brief overview of the Characteristics of Effective Health Education Curricula, their relationship to the National Health Education Standards, and effective learning in health education. But, the majority of the session will engage participants in discussions and opportunities to apply these characteristics in their health education instruction.

Learning Objectives:

Objective 1: Describe how the Characteristics of Effective Health Education Curricula were identified.

Objective 2: Describe each of the Characteristics of Effective Health Education Curricula.

Objective 3: Apply the Characteristics of Effective Health Education Curricula across a variety of health topics.

Summary

This session will help school health leaders and teachers understand the characteristics of an effective health education curriculum and learn how to integrate the characteristics into their curriculum planning and instructional practice.