

PROGRAM CONTENT Specific content areas of Health ed. As defined in 16 VSA 131 and the CDC priority risk behaviors.	Nutrition and Food Education (2)	Principles & Methods for Effective Health Education (2)	Alcohol, Tobacco and Drug Use Prevention Education (1)*	Concepts in Personal & Community Health (2)	Promoting Personal Health & Safety Through Prevention of injury & Violence (2)*	Coordinating School health (2)	Human Sexuality and STD Prevention Education (2)
Personal Health (social, mental, physical emotional health maintenance including the development of responsible personal behaviors, safety, etiology of disease progression, diagnosis and prevention of disease, and healthful stress maintenance).				X			X
Nutrition (Basic nutrition concepts nutrient needs dietary guidelines for Americans, common nutritional problems of children and adults, including disordered eating)	X						
Physical Activity (the health benefits of physical activity, research on Physical activity and academic performance, factors that influence participation in physical activity, and strategies for collaborating with physical education colleagues to promote physical activity).				X			
Disease (Etiology of diseases, including their progression, diagnosis, treatment and prevention. Course work should include HIV/AIDS and other sexually transmitted infections.)				X			X
Intentional and unintentional injury prevention (Safety Issues and violence prevention, including bullying and harassment).					X		
Alcohol, tobacco, and other drugs (Physiological, psychological and sociological effects of substance use and abuse on the individual, family and society; legal issues; curriculum and teaching strategies for effective substance abuse prevention)			X				

PROGRAM CONTENT	Food & Nutrition (2)	Princ. & Methods (2)	ATOD (1)*	Personal Health (2) Concepts	Injury & Violence Prevention (2)*	Coordinated School health (2)	Human Sexuality & STD Prevention (2)
Family health and comprehensive sexuality ed. (Issues of human growth and development, families, relationships, reproductive health, abstinence, premature sexual activity, contraceptives, adolescent pregnancy, childbirth, adoption, and abortion, including HIV/AIDS and other sexually transmitted infections)							X
Community and Consumer Health (media literacy, advocacy, and accessing health information, products and services)				X			
Historical development and theoretical foundations of skills-based health education programs.		X					
Selection and use of current, valid and reliable sources of health information, to include national, state and local organizations/associations, publications, and educational materials/resources		X					
Application of diverse innovative instructional strategies that align with standards-based learner outcomes and performance indicators		X					
Implementation of skill-building strategies to develop competency in health-related skills including decision-making, goal setting, interpersonal communication, self-management, accessing information, and advocacy		X					
The impact of societal values, norms and priorities on health education practice and the application a variety of strategies to deal with controversial health issues		X					X
Analysis of research relative to health risks among school-age youth and translation of research into recommendations for the design and implementation of health education programs		X					
Knowledge of health education concepts and skills delineated in current national and Vermont health education standards, laws and regulations		X					

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Selection, design, and use of multiple assessment techniques, including performance assessments to evaluate student learning and guide instruction		X						
Purposes, components, and approaches to coordinating school health initiatives used on the Coordinated School Health Model, including partnerships with families, school staff, and community members to improve health literacy and health behaviors.						X		
ADDITIONAL REQUIREMENTS								No Coursework offered by VT-HEC to address this competency
Early childhood through early adolescent. Dev. (for PreK-6 and/or early adolesc.through adult dev. For 7-12.								X
Human Body structure & functioning								X
A minimum of a practicum, or the equivalent, in health education at the elementary (PK-6) or middle/secondary (7-12) instructional level, depending on the authorization sought. For the Full PK-12 authorization, practical in health education, or the equivalent , at both Pk-6 and 7-12 instructional levels are required. (A practicum is defined as sixty hours of supervised field experience.								X
NOTES								
* Course offerd through the Center for Health and Learning. Course is taken independently with CHL and nis not managed by VT-HEC. Graduate credit for this couse is issued through Union Institute.								