

THE HYPE PROJECT CURRICULUM MATCH WITH NHES STANDARDS

NHES Standard	HYPE Session, Activities & Suggestions
<p>Standard 1: Concepts</p> <p>Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p>	<ul style="list-style-type: none"> ● Understanding PSE Change 1.4 ● The Basics: Active Living 2.1 <ul style="list-style-type: none"> ● Pat Says Activity ● The Basics: Healthy Eating 2.2 <ul style="list-style-type: none"> ● MyPlate Relay Activity ● Sugar Stacks Activity
<p>Standard 2: Analyzing Influences</p> <p>Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p>	<ul style="list-style-type: none"> ● Community Access & You 1.1 <ul style="list-style-type: none"> ● Socio-Ecological Model Match Activity ● Community Web Activities ● Considering Stereotypes & Health Disparities 1.2 <ul style="list-style-type: none"> ● Team Time Activity ● Paper Toss Activity ● Simulation Activity ● Critical Thinking Field Trip 1.4 ● Being a Champion for Change & Exploring Leadership 2.3 <ul style="list-style-type: none"> ● "If We Didn't Have..." Activity ● Identifying a Problem Area of Focus 3.1
<p>Standard 3: Accessing Information</p> <p>Students will demonstrate the ability to access valid information and products and services to enhance health.</p>	<ul style="list-style-type: none"> ● Gathering Information 3.2 ● Creating an Action Plan 3.4 ● YPAR <ul style="list-style-type: none"> ● Existing data, focus groups, photovoice, interviews
<p>Standard 4: Interpersonal Communication</p> <p>Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</p>	<ul style="list-style-type: none"> ● Working with the Media 2.4 ● Developing a HYPE Presentation 4.1 ● YPAR <ul style="list-style-type: none"> ● Trust-building activities ● Considering community strengths activities ● Imagining My Dream Community activity

THE HYPE PROJECT CURRICULUM MATCH WITH NHES STANDARDS (CONT.)

NHES Standard	HYPE Session, Activities & Suggestions
<p>Standard 5: Decision Making</p> <p>Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<ul style="list-style-type: none"> ● Being a Champion for Change & Exploring Leadership 2.3 ● Planning a HYPE Project 2.4 <ul style="list-style-type: none"> ● Team Time Activity ● Working With The Media ● Identifying a Project 3.3 ● Creating an Action Plan 3.4 ● YPAR <ul style="list-style-type: none"> ● Understanding Team Roles activity
<p>Standard 6: Goal Setting</p> <p>Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	<ul style="list-style-type: none"> ● The Basics: Active Living 2.1 ● Planning a HYPE Project 2.4 ● Creating an Action Plan 3.4 ● YPAR <ul style="list-style-type: none"> ● Developing indicators & research question activities
<p>Standard 7: Self Management</p> <p>Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p>	<ul style="list-style-type: none"> ● Fitness Energizers ● Community Access & You 1.2 ● The Basics: Active Living 2.1 <ul style="list-style-type: none"> ● Pat Says Activity ● The Basics: Healthy Eating 2.2 <ul style="list-style-type: none"> ● MyPlate Relay Activity ● YES MVPA <ul style="list-style-type: none"> ● Physical and emotional needs activities
<p>Standard 8: Advocacy</p> <p>Students will demonstrate the ability to advocate for personal, family and community health.</p>	<ul style="list-style-type: none"> ● Developing a HYPE Presentation 4.1 ● YPAR <ul style="list-style-type: none"> ● Public speaking & presentation practice activities