

Resource/Program Summary for Health Promotion Wave

Overview/Description of Curriculum

Health Promotion Wave (HPW) is a student-centered, comprehensive K-12 curriculum where skills and knowledge taught in the early grades are reinforced and built upon in the later grades. All content areas are covered and they connect the classroom with home, school, and the community. The curriculum follows CDC guidelines, meets national standards, and has been proven to be effective at changing the attitudes and behaviors of students participating in the program. HPW is a national, research-based, comprehensive K-12 health curriculum. HPW's ultimate goal is health literacy for all children. HPW was designed to ensure that all children, including those with disabilities or from diverse backgrounds, learn how to make responsible, safe, and healthful choices throughout their lives. Proven and demonstrated teaching methods, combined with specially developed instructional tools, are the cornerstone of the HPW health curriculum. These tools help students become active learners in the classroom; students learn to work together in groups and in self-directed projects. The lessons and activities are designed to build positive attitudes, engage and motivate students, reduce conflict, and promote cooperation and respect. Students also develop the ability to internalize the critical health values they will need the rest of their lives.

Program Components

- Core Curriculum contains teacher's manual, student activities, parent component activities, evaluation, and certificates of completion.
- Other teaching materials to support the curriculum can be purchased with the comprehensive curriculum (e.g., DVDs, videos, CDs interactive games, posters, literature).
- Additional books, videos, and materials must be used to address the Colorado Comprehensive Health Education Standards.

Program Basics

Grade Level	Lesson Length	Booster Lessons	Teaching Strategies	Cost/Contact
Kindergarten through High School	Varies depending on activities and grade level.	Additional reinforcement activities provided.	<p>Supports differentiation of instruction</p> <p>Employs multiple modalities for teaching</p> <p>Engages parents with a Parent Bulletin and through parent-student activities</p> <p>Provides performance assessments</p>	<p>Grades K-4 (price per grade level)</p> <p>Comprehensive (All materials) \$1100</p> <p>Core Curriculum (Print) \$325</p> <p>Core Curriculum (CD) \$ 199</p> <p>Grade 5</p> <p>Comprehensive (All materials) \$1200</p> <p>Core Curriculum (Print) \$425</p> <p>Core Curriculum (CD) \$ 199</p> <p>Grade 6</p> <p>Comprehensive (All materials) \$1600</p> <p>Core Curriculum (Print) \$625</p> <p>Core Curriculum (CD) \$ 199</p> <p>Grade 7</p> <p>Comprehensive (All materials) \$1400</p> <p>Core Curriculum (Print) \$725</p> <p>Core Curriculum (CD) \$ 199</p>

Grade Level	Lesson Length	Booster Lessons	Teaching Strategies	Cost/Contact
				Grade 8 Comprehensive (All materials) \$1800 Core Curriculum (Print) \$700 Core Curriculum (CD) \$ 199 HS Comprehensive (All materials) \$2200 Core Curriculum (Print) \$675 Core Curriculum (CD) \$ 299 http://www.healthwaveinc.com/index.html

Research Base/Results/ Recognition

- Centers for Disease Control and Prevention’s definition of the key elements of comprehensive health education.
- Evaluation results demonstrate statistically significant increases in both health knowledge and skills at every grade level among students participating in the HPW program. No replication or longitudinal studies identified.

Program Standards Alignment

Prepared Graduate Competencies	Grade Level										
	PK	K	1	2	3	4	5	6	7	8	HS
Healthy Eating	NA	1	1	2	2	2	1	1	2	2	2
Sexual Health	NA	NA	NA	NA	NA	NA	2	2	2	2	2
Health Promotion	NA	2	2	2	NA	1	2	1	NA	2	1
Emotional and Social Wellness	NA	1	2	NA	2	2	2	1	1	2	1
Alcohol, Tobacco, and Other Drug Prevention	NA	NA	2	2	2	2	2	1	1	2	2
Violence Prevention	NA	2	2	2	1	2	NA	2	NA	2	2
Safety	NA	2	1	2	1	2	1	1	3	2	2

Program Standards Alignment key:

- 1) Completely addresses Grade Level Expectations to mastery
- 2) GLE is addressed with minor adaptations
- 3) GLE is addressed with significant adaptations
- 4) The GLE is not addressed

See alignment matrix at <http://coloradoedinitiative.org/our-work/health-and-wellness/chpe>.

Summary

The Health Promotion wave curriculum is a comprehensive K-12 curriculum that, with minor adaptations, meets or exceeds the Colorado Comprehensive Health Education Standards. To address the Colorado Comprehensive Health Education Standards, the activities in the curriculum must be taught. Videos, books and student supplemental CD materials must be purchased and used to fully address the Colorado Comprehensive Health Education Standards. It will be important for implementers to identify the specific activities needed to address the standards prior to implementing the curriculum.