# Health Theories

| Theory of Cognitive Development | - Created by Jean Piaget  
- Describes how humans develop from wholly egocentric individuals with limited formal knowledge to the stage of adolescence and adulthood with highly sophisticated cognitive abilities.  
- Through adaptation, new information and experiences continually reshape one’s ability to understand the world.  
- Series of sequential stages.  
- Sensorimotor stage  
- Preoperational stage  
- Concrete Operational stage  
- Formal Operations |
| Health Belief Model | Theorist- I.M. Rosenstock  
- Often translated into a model for helping students develop a belief that a variety of healthful behaviors can reduce risks to their physical and psychological well being.  
- Based on psychological and behavioral theories suggesting that people’s actions depend partly on how vulnerable they feel to particular health problems.  
- Consequences, benefits, and costs are modified by a host of demographic and sociological factors and by external messages that serve to either encourage or discourage action. |
| Hunter Model for Learning | - Theorist- Madeline Hunter  
- Based on psychological and educational theory, informed practice, observation of effective teachers, and curriculum studies.  
- Explaining the lesson objective and purpose  
- Modeling what students are to do through demonstration or example  
- Giving students an opportunity to practice independently |
| Mastery Learning | - Theorist- Benjamin Bloom  
- Core concept of Mastery Learning is that nearly all students are capable of learning everything, although at different rates.  
- Educators must individualize instruction  
- Frequent assessments are necessary to determine when each learner has mastered specific objectives. |
| PRECEDE-PROCEDE | - Theorist- Lawrence Green  
- Program development and evaluation model based on epidemiological, social, and behavioral sciences on administrative and educational principles  
- Predisposing, reinforcing, and enabling factors determine |
whether or not an individual will adopt healthy behaviors
Evaluation is an important component throughout the program development process

| Theory of Multiple Intelligences | -Theorists- Howard Gardner  
-Supports the notion that intelligence should be defined broadly as the ability to solve problems or to create products  
-Seven fairly independently functioning intelligences have been identified:  
-Logical-mathematical  
-Linguistic  
-Bodily-kinesthetic  
-Musical  
-Spatial  
-Intrapersonal  
-Interpersonal  
-There is a need to recognize, appreciate, and educate all intelligences |
| Problem-Behavior Theory | -Theorists- R. Jessor and S.L. Jessor  
-Adolescent behavior is divided into two categories, conventional and problem behavior  
-Personality system- incorporates the adolescents’ beliefs about him/herself in relationship to society  
-Perceived Environment System-includes factors such as parental support and controls  
-The adolescent’s behavioral choices not only depend upon personal and interpersonal perceptions, but also affect these perceptions and thus influence future actions |
| Protection Motivation Theory | -Explains factors that influence a person’s willingness and ability to adopt healthy behaviors  
-Individuals must be convinced that action will reduce the possibility of harm  
-Believe in their ability to perform the proposed action  
-People are also more apt to engage in healthy practices if presented with both internal and external reinforcement for doing so |
| Theory of Reasoned Action | Theorists- I. Ajzen and M. Fishbein  
-Human behavior is rational and based on an intention to act  
-Consider the ramifications of the action and determine whether the results will be positive  
-Influenced by what others think of the behavior |
| Social Inoculation Theory | -Theorist- G.C. Homans  
-Children can be protected from potentially harmful social influences by being educated about and prepared for these influences in advance  
-Youth can better resist social pressures when they are exposed to the pressure, learn how to recognize them, and |
| Social Learning Theory | - Theorist: Albert Bandura  
- Environmental influences, cognitive processes, self-efficacy, and behavior interact to determine an individual’s actions.  
- To seek positive reinforcement (external or internal)  
- People are also capable of anticipating new situations and of influencing their environment. |