

Holt Lifetime Health Teachers Edition

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the essentials of teaching health education presents a skills based approach to teaching k 12 health education that prepares students for success in the 21st century this practical text is endorsed by shape america and written by seasoned and highly credentialed authors with experience in both university and k 12 settings it provides all you need in order to build teach and assess a health education program that will help your students become health literate individuals develop the 21st century skills that they need for success in

college and in their careers beyond and maintain or improve health outcomes what sets this book apart this text meets the unique needs of schools teachers and students it emphasizes an individualized approach to enhancing student learning and developing skills based on current research and national health education standards the essentials of teaching health education features the following practical strategies for curriculum design and program development with a skills based approach one that makes it easy to put the contents into action and make a meaningful impact on students real world examples to help readers understand and apply the content along with summaries key points and review questions that aid in retaining the information vocabulary words and definitions to help students keep up with the ever changing terminology in health education ancillaries to facilitate teaching and enhance course content the text is accompanied by a test bank a presentation package a web resource and an instructor guide all designed to facilitate your preparation teaching and assessment of students knowledge these ancillaries come with tools teaching slides and tests for each chapter supplemental learning activities and web links chapter review questions and answers teaching tips suggested readings and chapter objectives and summaries book organization the book is arranged in five parts part i delves into the skills based approach to health education explaining the importance of the approach and how to understand student motivation part ii focuses on how to teach skills that are based on the national health education standards accessing valid and reliable information products and services analyzing influences interpersonal communication decision making and goal setting self management and advocacy part iii explores how to use data to inform your curriculum planning outlines the eight steps for curriculum development and shows you how to design meaningful assessments in part iv you learn how to create a positive learning environment implement a skills based approach and meet the unique needs of elementary health education finally in part v you examine pertinent topics beyond the classroom including professional development advocacy and cross curricular connections a framework for successful acquisition of skills the essentials of teaching health education offers evidence informed strategies as it guides you through the critical process of supplying students with the tools they need for success in school and in life the authors use the partnership for 21st century skills framework to set the foundation for teaching the skills students need the text is comprehensive and flexible to meet all of your students needs with all the ancillaries and tools it provides you are set to deliver a complete well rounded curriculum that will prepare future teachers for success

skills based health education provides pre service and practicing teachers with the pedagogical foundation and tools to develop a comprehensive prek 12 health education program using the national health education standards rather than solely focusing on teaching content an approach which can prove ineffective in developing healthy behaviors readers learn to teach the content and skills their students need to be healthy and prepared

for the 21st century the book addresses each one of the national standards with specific directions regarding how to apply the standard and performance indicators to plan and implement performance tasks that target instruction to a student need readers are shown how to establish student need select content and skill performance indicators to meet the need and plan and implement assessment and instruction powerpoint presentations and a testbank are available as free instructor downloads companion website includes lessons units and other support materials to enhance teaching and learning

a skill based wellness approach to health life skills health a textbook for striving high school students discusses critical health concepts students learn how to maintain positive mental health deal with emotions prevent sexually transmitted diseases and common diseases implement good nutrition and exercise plans and more the text sharpens students abilities to set goals and make decisions in addition life skills health explains how to sustain healthy relationships communicate effectively and access health resources throughout life skills health simple sentence structure and assistance with difficult vocabulary work together to enhance comprehension this exciting full color textbook provides student friendly text and real world examples to show students the importance of sound health strategies in their daily lives the text also invites students to view health issues from a global perspective with health in the world features lexile level 840 reading level 3 4 interest level 9 12

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