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Health the basics pdf

NOTE: This edition has the same content as traditional text in a convenient, three-hole, free-leaved version. Books a la Carte also offers a great value—this format costs significantly less than a new manual. Before you purchase, consult your instructor or review the course schedule to make sure you select the correct ISBN. For each title there are several versions of Pearson MyLab & Mastering products, including custom versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register and use Pearson MyLab & Mastering products. For personal health classes. Bringing interactivity to students' health tips: The basics, MasteringHealth Edition focuses health coverage on real-world topics that have the greatest impact on students' lives, keeping students addicted to learning and living well. Along with new interactive dynamic content and media, this book retains its hallmarks of currency, accessibility, cutting-edge research, focus on behavior change, attractive design, imaginative art, and unique mini-chapters. The twelfth edition addresses the needs and learning styles of students through the close weaving of activities attributable online in the narrative of the text. Each chapter includes learning outcomes and a new study plan that directly links to MasteringHealth activities. Assignable self-assessments and reading questionnaires help instructors involve students in the material. Also available with MasteringHealth™ MasteringHealth is an online theme, tutorial, and evaluation program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials offer individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand and retain even the most difficult concepts. Exercise Health Addiction: The basics, Mastering Health Edition 12th edition focuses health coverage on real-world topics that have the greatest impact on readers' lives, keeping people related to learning and living well. Along with new interactive dynamic content and media, this book retains its hallmarks of currency, attractive design, accessibility, focus on behavior change, cutting-edge research, imaginative art, and unique mini-chapters. Health: The 12th Basics (PDF) addresses the needs of diverse readers and styles of learning through tightly woven online activities attributable in the narrative in the manual. chapter includes learning outcomes and a new study plan that directly links to health mastering activities. Assigning self-assessments and reading questionnaires help instructors involve people in the material. PS we also have health: Basics, Mastering Health Edition (12th edition) testbank, manual instructor and other resources Sale. Contact for more information. Only connected customers who have purchased this product can leave a review. « previous 1 2 3 4 next » Suitable for introduction courses in health, personal health, and wellness offered in most health, physical education, physical therapy, allied health, and general education departments. Created for students and students taking a personal health course in their first year of study, revised health: The basics provide the foundation they will need to lead a healthy life, now and in the future. This text has been revised to reflect and exemplify self-awareness, integrity, respect, self-responsibility, and gratitude, and to ensure that students have been provided with the latest Canadian research and up-to-date statistical information. Personalizing learning with MasteringHealth™ MasteringHealth is an online home themes, tutorial and evaluation program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials offer individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand and retain even the most challenging concepts.**Additions are available for download from the MyLab Instructor Resources page. Contact Pearson for information and access instructions if you don't have a MyLab account. In Health Development: The basics, we listened to the comments and concerns of Canadian personal health educators and learned that we share the following goals for a personal health text: To prepare students to lead a healthy life, now and in the future, by providing knowledge, tools, and strategies to make responsible and appropriate decisions about their health. The inclusion of topics of high interest which are not always included in health texts would be the gender-specific multicultural and gender-specific perspectives on health. To include current Canadian research, materials, and statistics. Recognize that students learn in many ways and ask for strong pedagogical elements to help them synthesize information and build healthy attitudes and behaviours. Include practical, real-life applications to encourage students to think critically about their health and apply the material in their lives. To encourage self-awareness, integrity, respect, self-responsibility, and gratitude in the reader. Personalizing learning with MasteringHealth™ MasteringHealth is an online home themes, tutorial and evaluation program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials offer individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand and retain even the most difficult health topics. A variety of coaching activities guide students Key health concepts with interactive mini-lessons, complemented by suggestions and feedback with the wrong answer. Reading questionnaires ensure that students have completed the assigned reading before the course. ABC News videos stimulate classroom discussions and include multiple-choice questions for students. Assignable Behavior Change Video Quiz and what path would you take? activities provide students with complementing and reflecting on changing behaviour and health choices. NutriTools in the nutrition chapter allows students to combine and experiment with different food options and learn firsthand to build healthier meals. Mp3 Tutor Sessions refers to the content of the chapter and comes with multiple choice questions that provide wrong-answer feedback. Learning Catalysts offers open questions that students can answer in real time. CHARACTERISTICS: Making decisions through critical thinking is the cornerstone of each chapter, starting with the introduction of the DECIDE model for decision-making, Prochaska and DiClemente's Stages of Model Change, and various behavior-changing techniques in Chapter 1. Personal Reflection, a hallmark feature woven throughout, include Consider this . . . reflective scenarios and questions, student health and view boxed features, and taking sections with the opportunity to evaluate yourself at the end of each chapter. An imperative philosophy of self-responsibility, including better understanding and self-awareness behind the reasons why we do what we do (or don't) in terms of our health and wellness, appears throughout every section of this book. Each part of the manual ends with Focus On, a three to five-page feature that provides additional information on an engaging topic relevant to students and students and their health. Covering sex issues in health is integrated across Personalize Learning with MasteringHealth™ MasteringHealth is an online theme, tutorial, and evaluation program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials offer individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand and retain even the most difficult concepts. Chapter 1 presents a new figure illustrating the socio-ecological model. Updated figures illustrating the main causes of death in Canada have also been incorporated. Updated information on volunteer ing rates, mental illness and depression in Canada has been incorporated into Chapter 2. Information was also included on the prevention of LGBT youth and suicides. A new section discuss when mood disorders and substance use disorders mix. Chapter 3 includes up-to-date and clarified material on General Adaptation Syndrome (GAS). In addition, information and statistics on technology have been updated. Enter Entering 4 has been heavily revised and reframed and now incorporates materials on physical literacy. There is an updated and revised section on physical activity for health, as well as a new discussion on doctors prescribing physical activity for the treatment and prevention of diseases. The section on identifying physical fitness goals and designing the physical fitness program has been reviewed, and a new exercise called Your Travel Journey (Physical Activity and Physical Literacy in Your Life to date) has been incorporated. New to Chapter 5 is The First Nations, Inuit, and Metis Food Guide, including the new table with estimated daily calorie needs. This chapter also includes a fully revised section on carbohydrates, and a new section on the choice of organic or locally grown foods and the movement of slow foods. Chapter 6 includes updated statistics and discussions on overweight and obesity in Canada Chapter 7 includes updates to the discussion and terminology related to sex, including an updated chart of gender differences. The selected activities have been updated to include social guidance and a new figure on gender-specific communication patterns has been added. This chapter also includes an updated and revised discussion of sexual orientation. Chapter 8 includes up-to-date statistics and up-to-date information on paternal health and sperm damage. Chapter 9 includes up-to-date materials on gambling addiction. In Chapter 10, information on alcohol consumption and guidelines on low-risk alcohol consumption was updated. The material on alcohol sales per province has also been updated. New figures have been added illustrating reported excessive age consumption, physiological and behavioural effects of increased blood alcohol concentration and comparing a healthy liver with a cirrhotic liver. A new figure and an example of the use of the decision support framework have been incorporated. Information on smoking rates in Canada has been updated, and a new Student Health Today box dealing with the dangers of e-Cigarettes and a new application activity has been added. Chapter 11 includes updates to materials on illicit drug use in Canada and selfPART I: FINDING RHYTHM 1. Discovering the personal pace for a healthy life 2. Promoting and preserving psychosocial health 3. Understanding and coping with life stressors Focus on Spiritual Health PART II: HEALTHY LIFE STYLE CHOICE 4. Involvement in physical activity for health, fitness and performance 5. Food consumption for optimal health and performance 6. Management Your: Finding a Healthy Balance Focus on Body Image Part III: CREATING Healthy and Caring Relationships 7. Engagement in relationships and sexual health 8. Considering Your Reproductive Choices Focus on Sexually Transmitted Infections STIs PART IV: LIMITATION OF RISKS FROM POTENTIAL CUSTOMS 9. Recognizing the use, abuse, abuse, and addiction to drugs and behaviors 10. 10. Alcohol, tobacco, and responsible caffeine and abstaining from tobacco consumption 11. Understanding Illicit Drugs Focuses on improving sleep PART V: PREVENTION AND MANAGEMENT OF GOODS 12. Reducing the risk of cardiovascular disease and cancer 13. Risk control for infectious and non-infectious conditions Focus on diabetes PART VI: WITH WHICH LIFE CHALLENGES ARE THROUGH 14. Choosing healthy living conditions for the environment 15. Prevention of violence, abuse and injury 16. Becoming a wise consumer of health services 17. Preparing for Aging, Death, and Death Focus on Financial Health