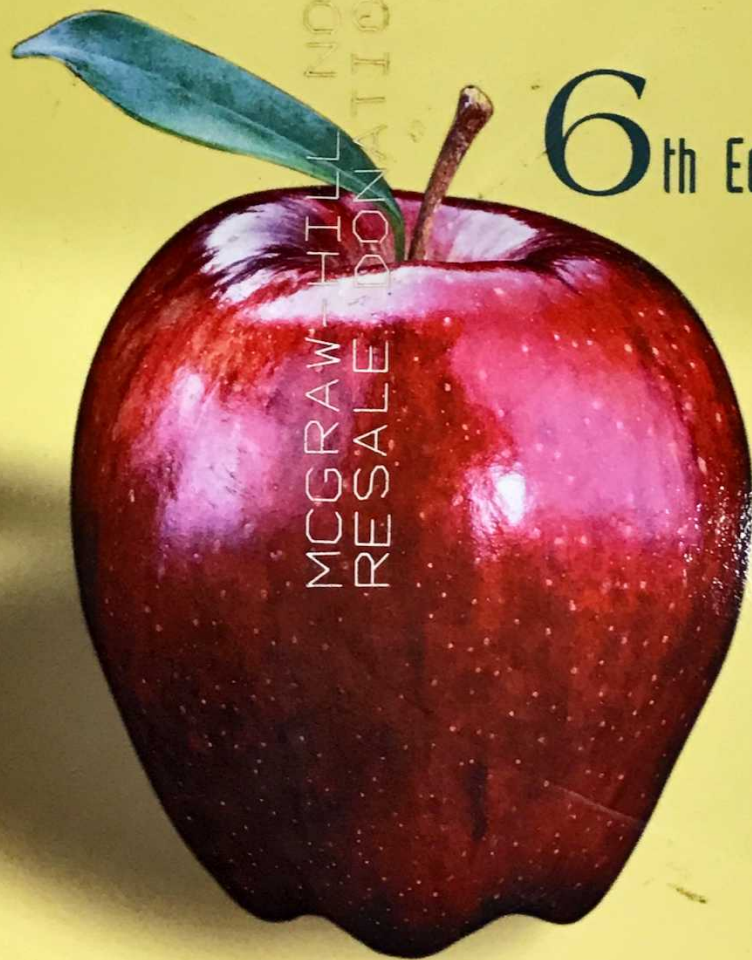


COMPREHENSIVE SCHOOL HEALTH EDUCATION

Totally Awesome Strategies
for Teaching Health™



6th Edition

Linda Meeks • Philip Heit • Randy Page

COMPREHENSIVE SCHOOL HEALTH EDUCATION

TOTALLY AWESOME STRATEGIES
FOR TEACHING HEALTH™

Sixth Edition

Linda Meeks

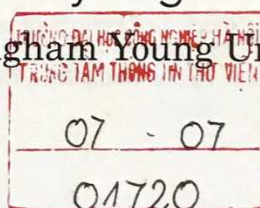
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PREFACE

*Tell me, I forget.
Show me, I remember.
Involve me, I understand.*

Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health™ has been the leading teacher resource book used to prepare future and current elementary school, middle school, and secondary school teachers to teach health since the publication of the first edition in 1991. It also has been the most widely used teacher resource book selected by state departments of education, school districts, and departments of health for inservice and train-the-trainers programs. As you read about its contents, you will learn why teachers who purchase it find it the most teacher-friendly resource book available for health education.

Section 1. Comprehensive School Health Education includes five chapters and is designed to provide you with a framework for comprehensive school health education. In Chapter 1, you will learn about the six categories of risk behaviors that affect today's students, *Healthy People 2010* and other guidelines for promoting school health, and the eight components in the coordinated school health program. Chapter 2 prepares you for your role in school health services and explains how to provide a healthful and safe school environment. Chapter 3 teaches you how to design comprehensive school health curricula, implement the National Health Education Standards, and effectively assess students, teachers, and school health programs. Chapter 4 describes instructional strategies and technologies you might use in the classroom.

Section 2. Health Content contains more than 200 pages of health content so that you are well informed with up-to-date health knowledge in the ten areas of health: Chapter 5: Mental and Emotional Health; Chapter 6: Family and Social Health; Chapter 7: Growth and Development; Chapter 8: Nutrition; Chapter 9: Personal Health and Physical Activity; Chapter 10: Alcohol, Tobacco, and Other Drugs; Chapter 11: Com-

municable and Chronic Diseases; Chapter 12: Consumer and Community Health; Chapter 13: Environmental Health; and Chapter 14: Injury Prevention and Safety.

Section 3. Totally Awesome Teaching Strategies™ explains the format and how to use *Totally Awesome Teaching Strategies™* to help students develop and practice life skills and achieve health goals. Chapter 15 includes *Totally Awesome Teaching Strategies™* for each grade level from K to 12 for each of the ten content areas.

Section 4. The Meeks Heit K-12 Health Education Curriculum Guide is a state-of-the-art curriculum guide focusing on the National Health Education Standards using the ten content areas. The Curriculum Guide in Chapter 16 can be used as is or can be adapted for a specific school district.

Appendix A. National Health Education Standards: Teaching Masters provides reproducible masters with steps for teaching each of the National Health Education Standards at age-appropriate grade levels: K-2, 3-5, 6-8, and 9-12. **Appendix B** includes a chart of the objectives from *Healthy People 2010* relevant for schools. **Appendix C** includes *The Teacher's Encyclopedic Guide for Health Concerns of School-Age Youth . . . from A-Z*. **Appendix D** includes **Health Resources**, a listing of the names and contact information for agencies and organizations in the ten health content areas.

We are committed to helping teachers with the awesome task of providing quality health education.

**Linda Meeks
Philip Heit
Randy Page**

HIGHLIGHTS OF THIS EDITION

Highlights of This Edition

- The art for this edition has been completely redrawn to reflect the ethnic diversity of today's youth and the latest developments in technology and lifestyles. Over 230 new illustrations fill the book.
- Content in the areas of school health services and school environment have been streamlined for easier comprehension (Chapter 2).
- The health content chapters (5–14) have been updated to include the latest research and developments in each content area, including new lifestyle health risks for teens; new medical, drug, and vaccination developments; and updated statistics throughout.
- The revised NHES are integrated into the Totally Awesome Teaching Strategies™, and each strategy references blackline Teaching Masters that assist in evaluating students according to NHES.

Chapter and Appendix Highlights

Chapter 1: A Nation at Risk

- Statistics fully updated
- New Section on the Office of Safe and Drug-Free Schools
- New information on the School Health Index

Chapter 2: School Health Services and Healthful School Environment

- New information on the Child Nutrition and WIC Reauthorization Act

Chapter 5: Mental and Emotional Health

- Updated statistics on depression

Chapter 7: Growth and Development

- New section on endometriosis
- New tables on signs and timing of puberty in females and males
- Information on Plan B (emergency contraception) added to Facts about Birth Control Methods section

Chapter 8: Nutrition

- Updated information on food label health claims
- Most recent Nutrition and Physical Activity Guidelines from the American Cancer Society (2006)
- Most recent dietary guidelines to reduce the risk of developing premature cardiovascular disease from the American Heart Association

- New and updated information on common foodborne illnesses
- New section on weight loss surgery

Chapter 9: Personal Health and Physical Activity

- New section on portable music players and their risk for hearing loss
- New information on the proper fit of shoes
- New section on teens and sleep
- New section on Osgood-Schlatter disease

Chapter 10: Alcohol, Tobacco, and Other Drugs

- Additional information on blood alcohol concentration (BAC) and driving under the influence of alcohol
- New data on tobacco advertising and children
- Updated information on the hallucinogenic psilocybin

Chapter 11: Communicable and Chronic Diseases

- Differentiation between the uses of “Sexually Transmitted Disease” and “Sexually Transmitted Infection”
- Information on the HPV vaccination Gardasil
- Updated statistics throughout

Chapter 12: Consumer and Community Health

- New table on health fraud red flags
- Entertainment ratings added for video and computer games
- New information and statistics on Americans without health insurance

Chapter 13: Environmental Health

- Updated information on global warming
- New information on indoor molds
- New section on ad clutter

Chapter 14: Injury Prevention and Safety

- Updated information on child booster seats for motor vehicles
- Expanded coverage of predatory (date rape) drugs

Chapter 15: Using the Totally Awesome Teaching Strategies™

- Revised National Education Standards and Performance Indicators included in Teaching Strategies

- Materials section for each Teaching Strategy identifies one or more blackline Teaching Masters of the revised National Health Education Strategies from Appendix A that can be used with the Evaluation
- Evaluation sections for each Teaching Strategy assess students' mastery of the revised National Health Education Standards

Chapter 16: Using the Meeks Heit K-12 Health Education Curriculum Guide

- Revised National Health Education Standards included in section The Component in a Health Education K-12 Curriculum Guide
- Revised National Health Education Standards and new numbering system contained in the Meeks Heit Umbrella of Comprehensive School Health Education (Figure 16-1)
- Revised Performance Indicators included in Scope and Sequence Chart
- Health Goals and Grade Level Objectives updated to correlate to the revised National Health Education Standards

Appendix A: National Health Education Standards: Teaching Masters

- Grade-level appropriate blackline masters can be made into Teaching Masters for each of the revised National Health Education Standards

Appendix B: Selected Healthy People 2010 Objectives That Relate to Schools and School-Age Youth

- Table containing the Objectives located in the Appendix for easy reference and use

Appendix D: Health Resources

- Resources fully updated and additional resources added

Supplements

Online Learning Center **www.mhhe.com/meeks6e**

The Online Learning Center features resources for both the instructor and student.

For the instructor:

- *PowerPoint slides.* A complete set of PowerPoint slides is downloadable. Keyed to the major points in each chapter, the slides can be modified or expanded to adjust to the instructor's teaching style and needs.

- *Instructor's Manual.* The manual includes three sample syllabi, course objectives, and instructor strategies for presenting each chapter.
- *Computerized test bank.* The test bank is available with EZ Test computerized testing software. EZ Test provides a powerful, easy-to-use test maker to create printed quizzes and exams. For secure online testing, exams created in EZ Test can be exported to WebCT, Blackboard, PageOut, and EZ Test Online. EZ Test comes with a Quick Start Guide; once the program is installed, users have access to a User's Manual and Flash tutorials. Additional help is available at www.mhhe.com/eztest.
- *CPS polling questions.* For use with the Classroom Performance System (see below), these questions allow instructors to get real-time results on a variety of polling questions associated with health content chapters. These questions are designed to help you gauge your students' opinions and backgrounds concerning the topics in the health content chapters.

For the student:

- *PowerPoint slides*
- *Chapter health goals and overviews*
- *Chapter self-scoring quizzes*
- *Vocabulary flashcards and crossword puzzles*
- *Appendix D: Health Resources*
- *Web links*

Classroom Performance system

The Classroom Performance System (CPS) brings interactivity into the classroom or lecture hall. CPS is a wireless response system that gives instructors and students immediate feedback from the entire class. Each student uses a wireless response pad similar to a television remote to instantly respond to polling or quiz questions. CPS is the perfect tool for engaging students while gathering assessment data. For more information about using CPS with *Comprehensive School Health Education*, contact your McGraw-Hill sales representative.

PageOut **www.pageout.net**

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