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Health Education: Elementary and Middle School Applications (Paperback) Published April 24th 2006 by McGraw-Hill Humanities/Social Sciences/Languages. Paperback, 448 pages. Author (s): Susan K. Telljohann. ISBN: 0073047430 (ISBN13: 9780073047430) Edition language: English.

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In addition to providing education at home on health matters, become an advocate in your school district for appropriate classroom education about puberty, reproduction, AIDS, alcohol and other substance abuse, and other relevant issues. The content of health education programs is often decided at the community level, so make your voice heard.

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Health Education: Elementary and Middle School Applications provides pre-service elementary and middle school teachers, school nurses, and health specialists with the information, skills, and support they need to provide quality health instruction to students. The practical approach offers specific strategies for teaching health while providing background information on key health topics. Each chapter offers valuable activities and techniques related to assessment, curriculum development, lesson and unit planning, instruction, and more. This ninth edition has been updated to include the latest national recommendations, statistics, and standards related to health education and programming.

Health Education is a methods book that introduces pre-service elementary and middle school teachers to health programming. The practical approach emphasizes the skills necessary to teach health while providing background information on key health topics. Valuable activities in each chapter are aligned with National Health Education Standards and include sample assessment strategies. The new edition has been updated to include the newest national recommendations and statistics.

Physical inactivity is a key determinant of health across the lifespan. A lack of activity increases the risk of heart disease, colon and breast cancer, diabetes mellitus, hypertension, osteoporosis, anxiety and depression and others diseases. Emerging literature has suggested that in terms of mortality, the global population health burden of physical inactivity approaches that of cigarette smoking. The prevalence and substantial disease risk associated with physical inactivity has been described as a pandemic. The prevalence, health impact, and evidence of changeability all have resulted in calls for action to increase physical activity across the lifespan. In response to the need to find ways to make physical activity a health priority for youth, the Institute of Medicine's Committee on Physical Activity and Physical Education in the School Environment was formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and examine the influences of physical activity and physical education on the short and long term physical, cognitive and brain, and psychosocial health and development of children and adolescents. Educating the Student Body makes recommendations about approaches for strengthening and improving programs and policies for physical activity and physical education in the school environment. This report lays out a set of guiding principles to guide its work on these tasks. These included: recognizing the benefits of instilling life-long physical activity habits in children; the value of using systems thinking in improving physical activity and physical education in the school environment; the recognition of current disparities in opportunities and the need to achieve equity in physical activity and physical education; the importance of considering all types of school environments; the need to take into consideration the diversity of students as recommendations are developed. This report will be of interest to local and national policymakers, school officials, teachers, and the education community, researchers, professional organizations, and parents interested in physical activity, physical education, and health for school-aged children and adolescents.

"This text will be targeted to both active health educators, as well as students and instructors in health education teacher preparation programs. Per the Bureau of Labor Statistics, there are roughly 118,500 health educators in the United States, with a 16% increase in jobs projected through 2026. This includes health educators working with audiences outside of K-12, which is the segment of the health education community we are targeting with this publication. On the academic side, the number of health education majors and minors can be difficult to pinpoint, as these are sometimes nested within public health programs. Within these programs, there are unlikely to be courses focused exclusively on SEL, but this would be an appropriate fit for courses focused on the health education curriculum, instruction, and assessment"--

The latest National Health Education Standards available The revised National Health Education Standards provides guidance to, and is widely used throughout the country by, stakeholders interested in improving school health education programs, including: State and local government agencies Education professionals and administrators at all grade levels Parents and families Community agencies, businesses, organizations, and institutions Colleges and universities Local and national organizations The revised edition preserves the current standards, but features: Refined performance indicators Supplemental resources on teaching, skill development, and assessment An expanded Opportunities to Learn section State-of-the-art information on health education and behavior change This book is the accepted standard reference on health education, and its standards have been adopted in most states.

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