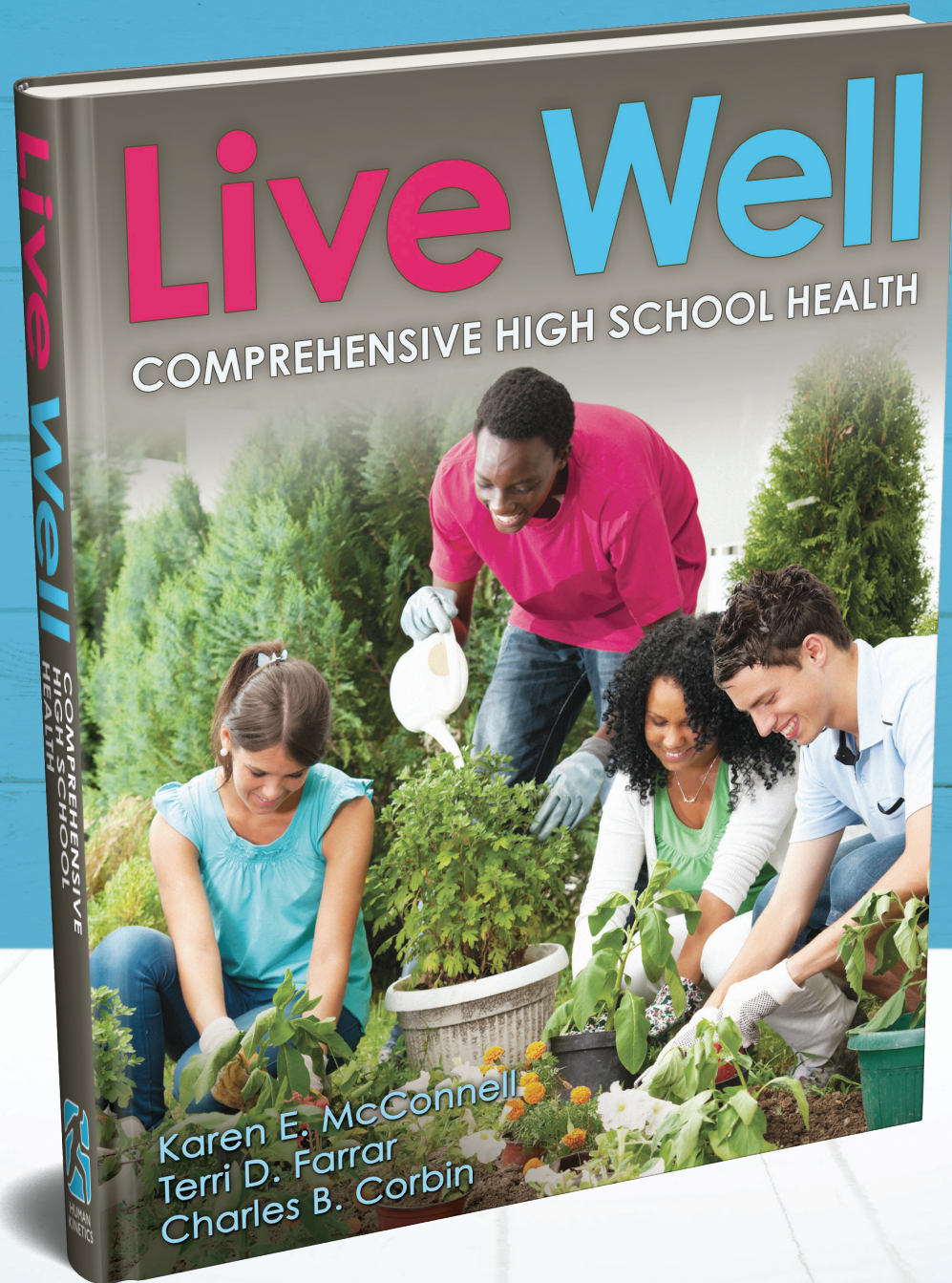


HUMAN KINETICS

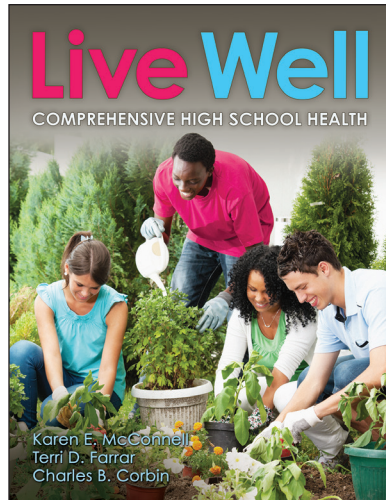


Examines wellness from an integrated and holistic perspective



HUMAN KINETICS

LIVE WELL HIGH SCHOOL HEALTH PROGRAM

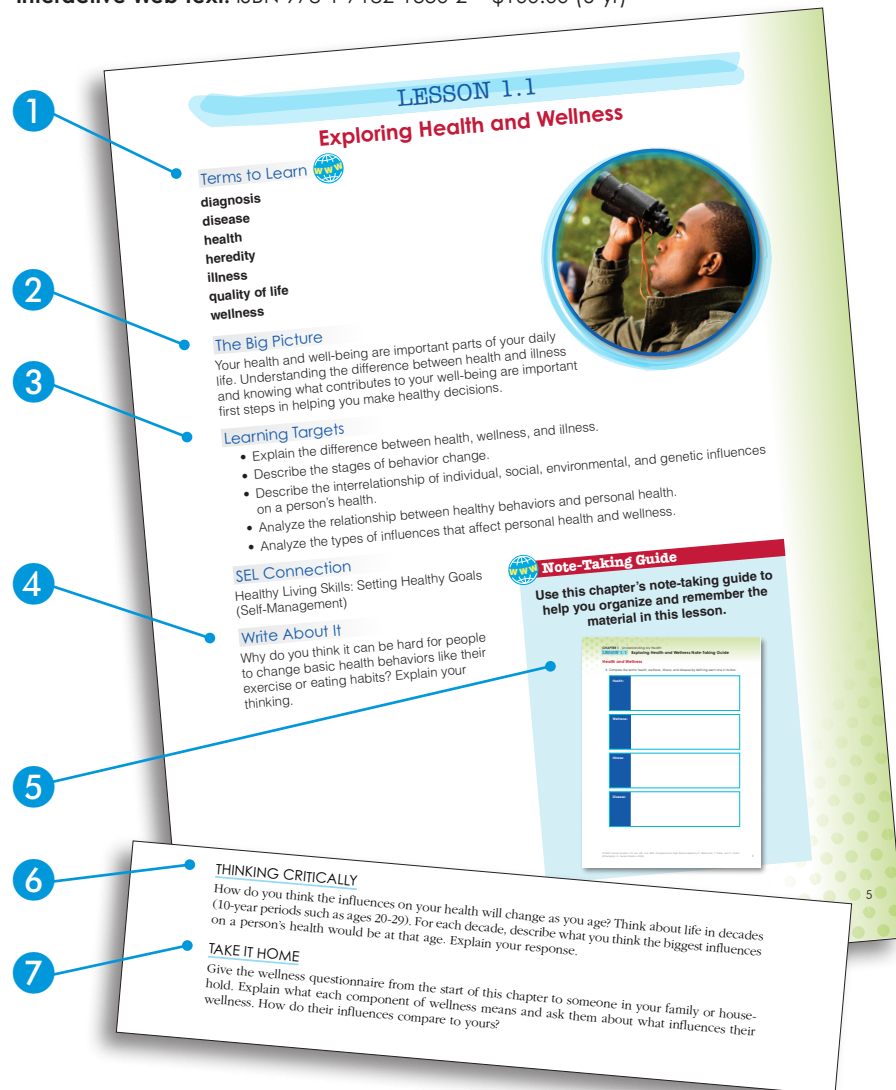


Live Well: Comprehensive High School Health
Karen McConnell, Terri Farrar, and Chuck Corbin
©2024 • Hardcover • 736 pages
Hardcover and IWT bundle: ISBN 978-1-7182-1334-0 • \$124.00 (6-yr)
Interactive Web Text: ISBN 978-1-7182-1330-2 • \$100.00 (6-yr)

Examines wellness from an integrated and holistic perspective

This high school text helps students gain the higher-order knowledge and skills necessary to live well and achieve health and wellness. It's a standards- and skills-based text that includes topics of student interest and current relevance, including nutrition, physical activity, the environment, emotional and social well-being, damaging behaviors, safety, and much more. Focused lessons featuring:

Also available
in Spanish!



- 1 Terms to Learn:** Available in English and Spanish to meet the needs of ELL and ESL students.
- 2 The Big Picture and Learning Targets:** Comprehensive, standards-based health instruction written in accessible language.
- 3 Learning Targets** to better understand what students should learn as they read the lesson.
- 4 Write About It** question in students' notes.
- 5 Note Taking Guide:** Organizes students' thinking and checks for understanding.
- 6 Thinking Critically** questions challenge students and help them review.
- 7 Parent-Engagement:** Every lesson has a "Take it Home" component with questions to encourage further learning and family interaction.

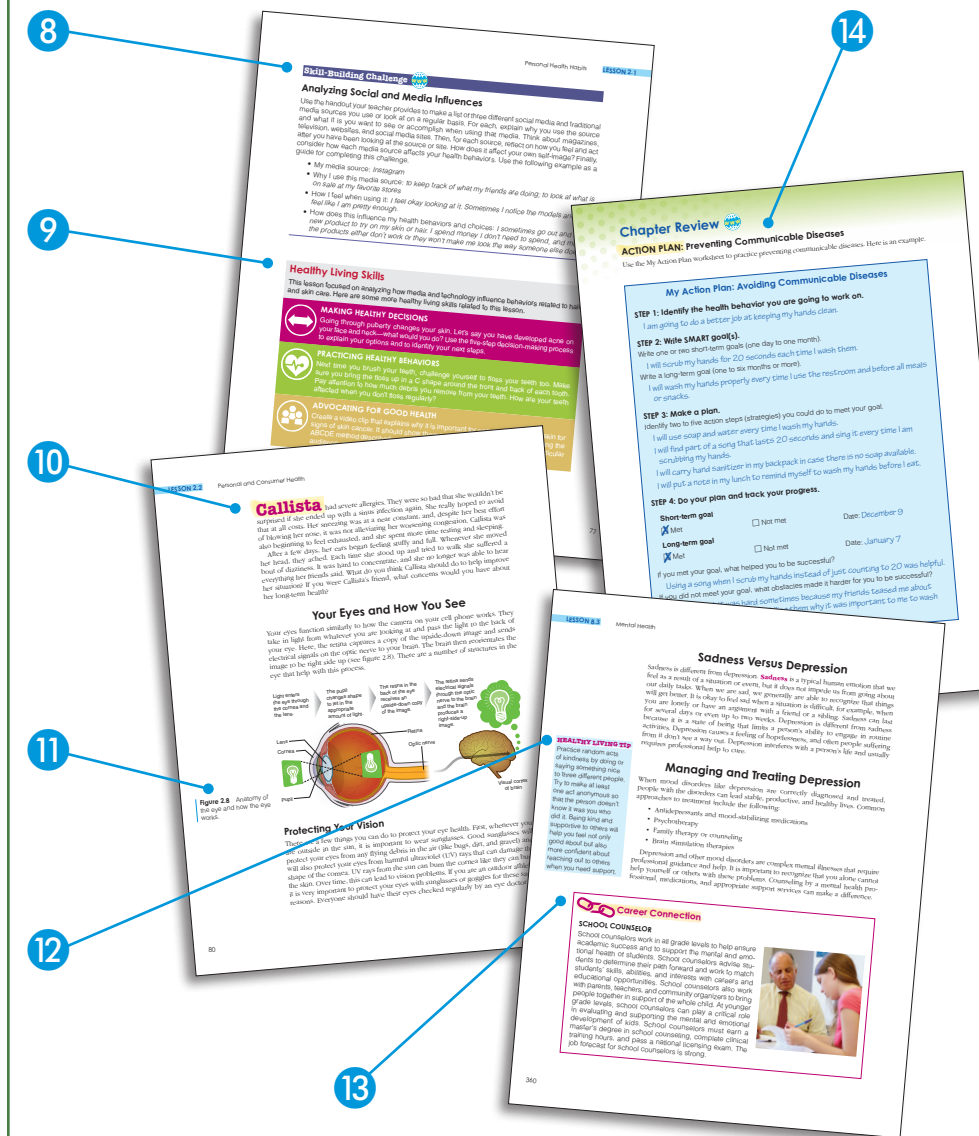
Check out the Teacher Collection tools on the inside as well as more student textbook features!!

Interactive Web Text

A powerful tool offered by *Live Well: Comprehensive High School Health* is its interactive web text, which students can access from a computer, tablet, or mobile device. [Learn more on page 5.](#)

MORE STUDENT TEXTBOOK FEATURES

Recurring elements supply skill-based learning applications to reinforce the health concepts and help students develop health literacy.



- 8 Skill-building challenges:** Opportunities to apply health concepts.
- 9 Healthy living skills:** Allows students to evaluate choices.
- 10 Stories:** Each lesson begins with a story to help students connect personally and grow in empathy.
- 11 Figures:** Attractive visuals make the content relatable and reinforce concepts to develop health literacy.
- 12 Healthy living tips:** Practical ideas to establish healthy living for students and their families.
- 13 Special features:** Focus in on any special features like Diversity Matters, Career Connection, or STEM in Health. Think about how the feature relates to the lesson and to you personally. If a question is asked, stop and take a minute to reflect on the question.
- 14 Action Plan:** Helps students review the chapter and make a plan for healthy living.

Learn more
about the
student text



CONTACT US

To learn more about our major programs, discounts available for large institutional purchases, or to request a price quote, contact your Human Kinetics K-12 sales manager today:

Call Toll-free at 1-855-473-7345 (1-855-HPERD-HK) or email k12sales@hkusa.com



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TEACHER COLLECTION TOOLS: All you need to easily implement a comprehensive health education program!

Lesson Planner: Each chapter comes with a complete set of instructor ancillaries that are modifiable to allow **you** to make adjustments that best suit **your context** and **your students**.

Lesson Plan	Learning Targets	NHES	Student and Instructor Resources	Differentiated Instruction Options
Lesson 1.1: Exploring Health and Wellness Introductory video	1. Explain the difference between health, wellness, and illness. 2. Describe the stages of behavior change. 3. Describe the interrelationship of individual, social, environmental, and genetic influences on a person's health. 4. Analyze the relationship between healthy behaviors and personal health.	1.12.1 1.12.2 2.12.1 2.12.3 2.12.5 2.12.8	16 SAW My Well-Being Self-Assessment Worksheet 15 NTG Exploring Health and Wellness Note-Taking Guide 17 VRW Exploring Health and Wellness Vocabulary Review Worksheet 18 SBW Influences on Your Wellness Skill-Building Challenge Worksheet 19 PPT Exploring Health and Wellness	LP Note-Taking Guide 16 LP ELL Vocabulary Review Worksheet AS Self-Assessment Worksheet AS Vocabulary Review Worksheet AS Skill-Building Challenge Worksheet

Learning Content

Library
Manage Content
Assign Content
Assign History
Student Recordings

Teacher Resource
Assessment
Roster
Archived user
Group

Live Well

Assign Content

Please select a content to assign.*

Live Well: Comprehensive High School Health Chapter 01 Introduction
Live Well: Comprehensive High School Health Chapter 1 Lesson 1.1: Exploring

Assign to Class(es)*
Health-Section-1

OR
Assign to Group(s)*
Select Some Options

OR
Assign to Student(s)*
Select Some Options

Assign Cancel

Assigning Content to Students

Teachers can assign each chapter via HKPropel, and track students' progress to see at a glance whether the chapter is not started, in progress, or completed.

15 NTG: Note Taking Guide

CHAPTER 1 Understanding My Health
Lesson 1.1

Communicating Your Health Needs
6. Identify four common communication skills you need to be healthy.

Making Healthy Decisions
7. Identify influences on your health by completing the chart below.

Family
Friends
Community
Media
Healthcare providers

Health Literacy and Health Skills
• A person with good health literacy can find and understand basic health information and can use that information to make good health decisions.

Healthy Habits Versus Unhealthy Habits
Examples of Healthy Habits
Examples of Unhealthy Habits

19 PPT: PowerPoint

16 LP ELL: Less proficient English language learner vocabulary review worksheet

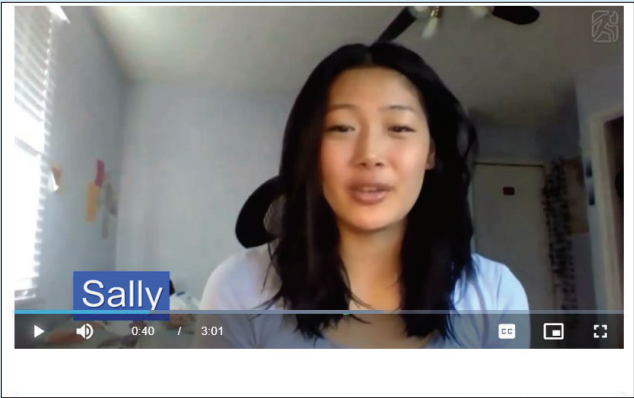
Live Well: Comprehensive High School Health
Lesson 12.1 Tobacco Products and Vaping

Vocabulary Review Worksheet
Name: _____ Class: _____
Place one letter in each blank to spell out a word that completes each sentence.

Fill in the blank with a word from the list above that makes sense.
1. When objects look blurry up close, it is called _____.
2. A person with _____ can't see objects clearly.
3. Another name for _____ is astigmatism.
4. A standard, or expected, behavior in a group of people is called a(n) _____.
5. _____ hearing loss is due to damage to the inner ear.
6. A ringing, buzzing, or other sound present in the ear when no sound is actually there is called _____.
7. _____ is the number one cause of preventable death in the United States.
8. _____ is an electronic device that heats a liquid and produces an aerosol.
9. _____ is what is inhaled by someone who uses a tobacco product.
10. _____ or cancer-causing chemicals are in tobacco smoke.
11. _____ are surfaces that can transfer germs to your skin when you touch surfaces that are contaminated with them.

18 SBW: Skill-building worksheet

17 VRW: Vocabulary review worksheet



Skill-Building Challenge

Analyzing Social and Media Influences

Use the handout your teacher provides to make a list of three different social media and traditional media sources you use or look at on a regular basis. For each, explain why you use the source and what it is you want to see or accomplish when using that media. Think about magazines, television, websites, and social media sites. Then, for each source, reflect on how you feel and act after you have been looking at the source or site. How does it affect your own self-image? Finally, consider how each media source affects your health behaviors. Use the following example as a guide for completing this challenge.

Section 9 of 11
Chapter 2 Lesson 2.1: Personal Health Habits
Media source: Instagram
How it affects my health behaviors: to keep track of what my friends are doing; to look at

Interactive Web Text

The interactive web text reimagines the content from the print book by integrating audio pronunciations for vocabulary terms in English and Spanish, pop-up definitions throughout the text, lesson specific quizzes to check students' understanding, and chapter opening animations.

Lesson 2.1 Review: Personal Health Habits

LESSON SUMMARY

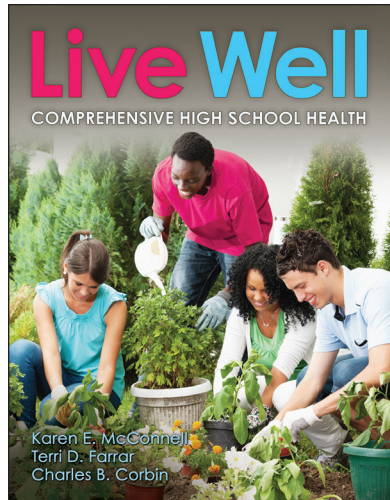
- Hygiene is the practice of keeping yourself in good health by maintaining your personal cleanliness. Good hygiene helps you stay healthy and look and feel your best.
- The skin is made up of three layers: the epidermis, dermis, and hypodermis.
- Keratin is the hard protein that makes up the nails.
- Common problems with the skin include acne, eczema, sunburn, and skin cancers.
- Poor brushing and flossing habits lead to oral health problems, including tooth decay, cavities, gum disease, and bad breath. Cold sores in or around your mouth form from the herpes simplex virus. Damage to your teeth can result from grinding them.
- Despite what altered media images try to convey, no one has perfect skin and hair. Trying to achieve such unrealistic standards might lead to poor health decisions and behaviors, such as applying harsh chemicals to the face or hair.

CONTINUE

Learn more about the print, digital, interactive web text, and teacher resources at

<https://us.humankinetics.com/products/live-well-comprehensive-high-school-health-with-web-resource>

STUDENT TEXTBOOK CONTENT / AUTHORS



A standards- and skills-based approach to health and wellness

Live Well: Comprehensive High School Health helps students understand the importance of developing healthy habits, eating well, and being physically active. They'll also learn how to maintain emotional, mental, and social health; how to avoid risky behaviors; and how to protect themselves and the environment.

Through the text, students will develop skills like these:

- Identifying reliable sources of health information and becoming savvy consumers
- Strengthening decision making skills as they identify healthy solutions in challenging situations
- Sharpening communication skills as they share health knowledge, engage in advocacy, and manage interpersonal conflicts

- Practicing and using self-management skills such as goal setting and self-monitoring
- Analyzing the influences of family, peers, media, and technology on their health and wellness

Students will also learn to establish healthy living plans, advocate for healthy living at home and in their communities, and discern how health and technology intersect.

Aligned With Standards

Live Well: Comprehensive High School Health includes comprehensive health content that is aligned with the National Health Education Standards as well as many state standards.

Features

The text offers students a variety of features and tools:

- Skill-building activities to develop health literacy
- Case studies, healthy living tips, career connections, writing prompts, cross-curricular connections, and more tools to learn and apply health concepts and skills
- Vocabulary terms and definitions, available in both English and Spanish, with audio pronunciations
- Worksheets and quizzes; modified versions of the worksheets meet the needs of ELL and ESL students

Print, Digital, and Teacher Resources

Live Well: Comprehensive High School Health is available as a hardcover text and as an interactive web text (IWT). Students can access the IWT from a computer, tablet, or mobile device. It contains the same content as the print book but uses interactive audio, video, worksheets, and other tools to help students engage with the material and to enhance learning. *Live Well: Comprehensive High School Health* is the only interactive ebook on the market in both English and Spanish. (The interactive web text is available separately or in combination with the hardcover student textbook. Please contact the Human Kinetics K-12 sales department for details.)

The IWT offers easy access to note-taking guides, vocabulary terms with English and Spanish definitions and audio pronunciations, Skill-Building Challenge worksheets, and chapter reviews.

Schools that adopt the student text can also get a teacher's guide in an online format or as a PDF.

With its flexibility, its high-quality content, and its alignment with national and state standards, *Live Well: Comprehensive High School Health* is a great resource to help high school students learn and practice the skills that will lead to a life of health and wellness.

TABLE OF CONTENTS

Editorial Review Board
Features
To the Student

Unit I. Foundations of Living Well

Chapter 1. Understanding My Health
Lesson 1.1 Exploring Health and Wellness
Lesson 1.2 Developing Skills for Healthy Living
Lesson 1.3 My Immune System
Lesson 1.4 Communicable Diseases
Lesson 1.5 Noncommunicable Diseases

Chapter 2. Personal and Consumer Health
Lesson 2.1 Personal Health Habits
Lesson 2.2 Healthy Vision and Hearing
Lesson 2.3 Healthy Sleep and Rest
Lesson 2.4 Being a Healthy Consumer

Chapter 3. Health Equity and Public Health
Lesson 3.1 Understanding Health Equity
Lesson 3.2 Disability and Inclusion
Lesson 3.3 Public Health

Unit II. Eating Well and Being Physically Active

Chapter 4. Food and Your Health
Lesson 4.1 Understanding Foods and Nutrients
Lesson 4.2 Energy Balance, Hunger, and Appetite
Lesson 4.3 Tips and Tools for Eating Well
Lesson 4.4 The Digestive and Urinary Systems
Lesson 4.5 Making Healthy Nutrition Decisions

Chapter 5. Managing Good Nutrition
Lesson 5.1 Eating Well Across the Lifespan
Lesson 5.2 Food Access and Safety
Lesson 5.3 Maintaining a Healthy Weight
Lesson 5.4 Your Body Image
Lesson 5.5 Your Nutrition Plan

ABOUT THE AUTHORS



Karen E. McConnell, PhD, is a professor at Pacific Lutheran University in Tacoma, Washington, is a certified health education specialist. She has taught at the

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Terri D. Farrar, PhD, is an associate professor and director of the PETE/HETE program in the department of kinesiology at Pacific Lutheran University. She

has taught health and fitness education at the middle school and high school levels for over 29 years and has taught health and fitness pedagogy at Pacific Lutheran University for over 10 years. She coauthored the *Health for Life*, *Health Opportunities Through Physical Education*, and *Live Well: Middle School Health* textbooks and teacher resources. She is a member of SHAPE America and of the Washington chapter of SHAPE America. She was SHAPE Washington's University Professor of the Year in 2019 and their Meritorious Service Award winner in 2020-2021. She has served as the SHAPE Washington curriculum and assessment chairperson and is the current president of SHAPE Washington. She enjoys traveling, working out, and coaching.



Charles B. ("Chuck") Corbin, PhD, is a professor emeritus in the College of Health Solutions at Arizona State University. He coauthored two health series for use in grades K-8 and is the senior author of several award-winning elementary, middle school,

high school, and college texts, including *Fitness for Life: Elementary School*, *Fitness for Life: Middle School*, and the seventh edition of *Fitness for Life*, all of which were winners of Texty Awards, awarded by the Text and Academic Authors Association (TAA). He is also author of the 13th edition of *Concepts of Fitness and Wellness*, winner of the TAA's McGuffey Award. His books are the most widely adopted public school and college texts in the area of fitness, health, and wellness. Dr. Corbin is internationally recognized as an expert in physical activity, health, and wellness promotion and youth physical fitness. Among his many honors are the Luther H. Gulick Award from SHAPE America; the Healthy American Fitness Leaders Award from the President's Council on Sports, Fitness, and Nutrition and the National Jaycees; and the Hetherington Award from the National Academy of Kinesiology. He is a SHAPE America Hall of Fame inductee.

Chapter 11. Alcohol

Lesson 11.1 Alcohol Use, Effects, and Consequences
Lesson 11.2 Influences and Alcohol
Lesson 11.3 Treating Alcohol Use Disorders

Chapter 12. Tobacco and E-Cigarettes

Lesson 12.1 Tobacco Products and Vaping
Lesson 12.2 Regulations and Influences on Tobacco Product Use
Lesson 12.3 Avoiding and Quitting Tobacco Product Use

Chapter 13. Legal and Illicit Drugs

Lesson 13.1 Over-the-Counter and Prescription Drugs
Lesson 13.2 Illicit Drugs
Lesson 13.3 Influences on the Use of Drugs
Lesson 13.4 Prevention, Treatment, and Being Drug-Free

Unit V. Protecting Yourself and the Environment

Chapter 14. Injury Prevention, Safety, and First Aid

Lesson 14.1 Injury Prevention and Safety at Home
Lesson 14.2 Safety in the Community
Lesson 14.3 Safety Online
Lesson 14.4 First Aid and Emergency Procedures

Chapter 15. Environmental Health

Lesson 15.1 Air, Water, and Noise Pollution
Lesson 15.2 Chemicals, the Environment, and Your Health
Lesson 15.3 Conservation and Living Green

Glossary/Glosario
Credits
Index

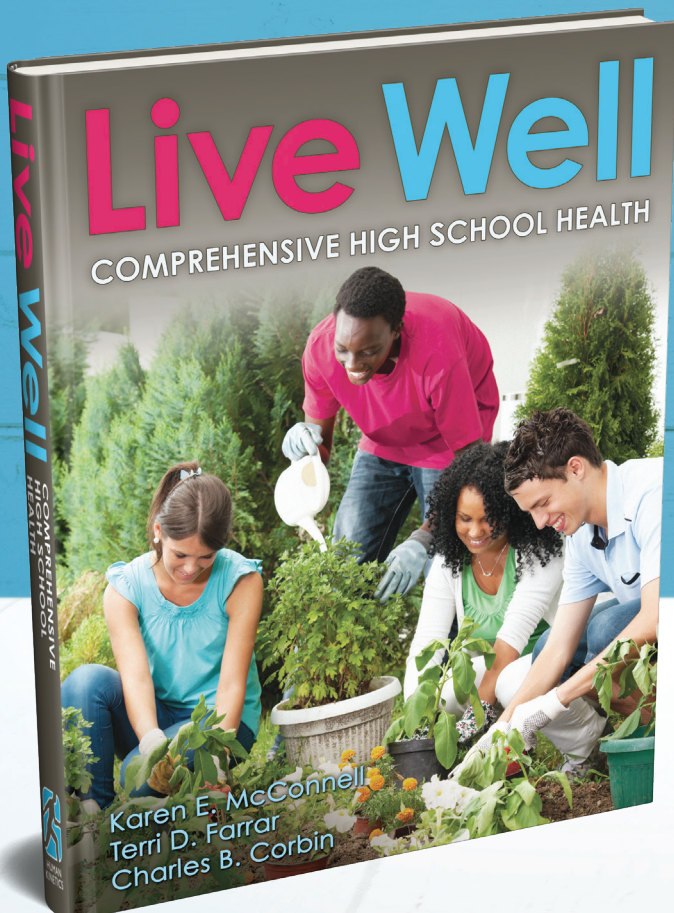


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