

## Connect Core Concepts In Health Loose Leaf

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The most reliable and widely used personal health text, Connect Core Concepts in Health utilizes the theme of personal responsibility to teach and motivate students about health and wellness. The twelfth edition provides current, accurate, scientifically based information about a wealth of health and wellness topics and issues. Connect Personal Health is now seamlessly and deeply integrated with Blackboard and Blackboard related course management systems. Connect is an interactive online learning system that provides interactive multimedia-driven activities and assessments, such as interactive quizzes, video activities, health assessments, Internet research activities, online behavior change workbook, a fitness and nutrition log, and a multimedia ebook. Most activities and assessments are auto graded, entered into the grade book, and automatically uploaded to blackboard. This saves you time, holds your students

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accountable, and allows for seamless Course Management integration. Only one sign-on is needed for access to Blackboard and Connect, the grade book is integrated, and much much more. To address today's students' need for more portable, more relevant classroom tools, we are providing the book in a three-hole punched, loose-leaf version. Ask your rep for the correct ISBN to also provide each student full access to Connect Plus and the multimedia e-book at no extra charge with each copy of the loose-leaf text.

Insel and Roth, *Core Concepts in Health* pioneered the concept of personal responsibility for health and individual behavior change back in 1976. Now in its 11th edition, it is still the market leader and is known for its scientific research base and its currency, comprehensiveness, and accuracy.

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SmartBook helps you study smarter, not harder, and get the grades you want. The most trusted text in personal health for more than 30 years, *Connect Core Concepts in Health* integrates innovative learning technologies and the latest science-based information to create a complete instructional system for students and teachers. With up-to-date coverage in

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every chapter, Connect Core Concepts in Health helps students master the science of health as a basis for healthy life choices.

Let's focus on the science of Health! Connect Core Concepts in Health integrates innovative learning technologies and the latest scientifically driven information to create a complete instructional system for students and teachers. With up-to-date coverage in every chapter, Connect Core Concepts in Health encourages students to reflect on their choices as a foundation for a healthy life.

The most reliable and widely used personal health text, Connect Core Concepts in Health utilizes the science behind health to teach and motivate students about their wellness. The thirteenth edition provides current, accurate, scientifically based information about a wealth of health and wellness topics and issues. The 13th edition's online program is now seamlessly and deeply integrated with Blackboard and Blackboard related course management systems. Featuring interactive multimedia-driven activities and assessments, such as quizzes, video activities, health assessments, Internet research activities, online behavior change workbook, a fitness and nutrition log, and a multimedia eBook, this program is perfect for any hybrid or online course. Most activities and assessments are auto graded, entered into the grade book, and automatically uploaded to blackboard. This saves you time, holds your students accountable, and allows for seamless Course Management integration. Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective.

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Health integrates innovative learning technologies and the latest science-based information to create a complete instructional system for students and teachers. With up-to-date coverage in every chapter, Connect Core Concepts in Health helps students master the science of health as a basis for healthy life choices. Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, and how they need it, so that your class time is more engaging and effective. Connect Core Concepts in Health remains the leading health textbook in U.S. higher education. The book's unique psychological approach to mind-body health encourages students to take proactive self-assessments. Students can stay current on the latest studies while learning how to negotiate cross-cultural ideas of what it means to be healthy and how to live in our diverse, consumer-oriented society. McGraw Hill Education's digital and teaching-learning tools also integrate Connect Core Concepts in Health's authoritative, science-based content. The seventeenth edition features new research-based coverage of the use of digital technology, including new Tech Tips in every chapter that help students take advantage of apps and tech-based devices that will help them reach their fitness and wellness goals. Additionally, every chapter has been updated to reflect current scientific thinking, data, and statistics from such authoritative sources as the Centers for Disease Control and Prevention, the American Cancer Society,

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the American Heart Association, the U.S. Food and Drug Administration, and the U.S. Department of Agriculture.

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McGraw-Hill Education's digital and teaching learning tools are built on the solid foundation of Connect Core Concepts in Health's authoritative, science-based content. Connect Core Concepts in Health is written by experts who work and teach in the fields of exercise science, medicine, physical education, and health education. Connect Core Concepts in Health provides accurate, reliable, and current information on key health and wellness topics while also addressing issues related to mind-body health, research, diversity, and consumer health. The pedagogical program for the Sixteenth Edition maintains important features on behavior change, personal reflection, critical thinking, and other key content and skills.

"The Brief Edition of Connect Core Concepts in Health focuses on the health issues and concerns of greatest importance to students...Taken together, the chapters of the book provide students with a complete guide to promoting and protecting their health, now and through their entire lives." -- p. xiv.

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