



Comprehensive School Health Education

Linda Meeks, Philip Heit, Randy Page

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The most widely used college health education text and teacher resource book, *Comprehensive School Health Education* provides everything needed to teach health in grades K-12. This text prepares teachers to design and implement a curriculum that integrates the 2007 National Health Education Standards (NHES), the six categories of risk behavior identified by the CDC, and the ten content areas of school health. Included are Totally Awesome Teaching Strategies™, reproducible Teaching Masters, and a Curriculum Guide, all keyed to the NHES at age-appropriate grade levels. With more than 120 teaching strategies to use as lesson plans, *Comprehensive School Health Education* offers teachers and future teachers a dynamic and empowering approach to teaching health skills and promoting lifelong healthy behaviors in their students.

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