Flexible access to real time health
The comprehensive solution for High School Health

*Glencoe Health* is a comprehensive program that engages high school students in an exploration of health and wellness. Students apply real-world health skills as they create individualized plans for healthy lives. This flexible program can be delivered online through ConnectED, in a traditional print format, or a combination of both. The hybrid approach to teaching high school health allows you to select the topics relevant to your students and provide them print or online content at home or in the classroom. This program:

- Uses content built on the 10 health skills developed from the National Health Education Standards to ensure an all-inclusive health course.
- Engages students in active learning that enables them to practice the health skills.
- Provides Fitness and Nutrition activities that show students how to lead an active and healthy lifestyle.
- Enables you to customize your entire program and how you teach it - from the delivery method to the content.
- Provides many online features that keep the program current for you and your students.

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Flexible Format
Traditional Print Materials

*Glencoe Health* is a flexible program available in a traditional print format, digital, or both! The hybrid approach to teaching health allows you to select the topics relevant to your students and provide them print or online content at home or in the classroom.

The traditional print format includes a durable, hardbound student edition with the optional Human Sexuality softcover module. A hardbound teacher edition is also available with this program.
Digital Subscriptions

Student and teacher subscriptions available through ConnectED provide access to the full Glencoe Health program – plus additional online features.

**Student Center**

- Online Student Edition (interactive)
- Editable worksheets
- Online student-teacher messaging
- Online assessment
- Web activities
- Podcast activities
- Online review, quizzes, and chapter tests
- Fitness Zone activities
- In The News section
- Ongoing updates for statistics, charts, and graphs
- Resource Library
- Creative Web links for students

**Teacher Center**

- Annotated Student Edition
- Customizable lesson plans
- Class and individual student assignment management and tracking
- Online student-teacher messaging
- eAssessment Test Generator
- Resource library with over 3,500 accessible videos, documents, and images
- Creative Web links for teachers
- Correlations and national and state standards
- Conference/grant links
- Whiteboard activities
- Inclusion strategies
- Coded activities for all learning levels
The text guides students to immediately apply what is being taught and encourages interaction. In the Online Student Edition, students can highlight words or sentences as they read, and take notes on the chapters in their personal Notebook.

- Each lesson begins with a **Big Idea** that summarizes the lesson content.
- **Before You Read** helps students tap into what they already know about the subject.
- **Real Life Issues** help students understand how healthy behavior affects their daily life.

**Foundations of a Healthy Relationship**

**Main Idea:** You have many types of relationships in your life, and you play different roles in all of them.

**Real Life Issues**

- Andrew’s classmate has an extra ticket to a concert on New Year’s Eve. Andrew’s parents want him to go, but he already promised his best friend that he would attend his New Year’s Eve party. Andrew doesn’t want to let his best friend down, but he may not have another chance to see this band in concert.

**Relationships in Your Life**

- One of the most basic, human needs is the need to belong and to be loved. Building and maintaining healthy relationships can help you meet this need.
Chapter Assessments

Once all lessons are complete, a chapter assessment tests students on the content learned in each lesson.
Fitness Handbook

With *Glencoe Health*, students have fun as they learn to be physically fit. The front of the print text features a *Fitness Handbook*. The *Fitness Handbook* helps students set a fitness goal and plan a fitness routine that helps their body adjust slowly to activity. There are suggested activities and sports, and the handbook provides all the information students will need to get started with the new activity.

### Creating a Fitness Plan

When planning a personal activity program, choose activities that you enjoy and that you can realistically do. For example, think about what type of activity can realistically fit into your schedule. If your schedule is already full of after-school activities will you be you be tempted to skip workouts?

Another factor to consider when choosing a type of exercise is whether or not the exercise will help the social and mental-emotional sides of your health triangle. If meeting new people is one of your goals, playing the sport help you meet people with whom you share interests. Also, your cultural background may impact your choices. In the U.S., football, basketball, and baseball are all popular sports. In most of the world, soccer is the most popular sport. You may choose to play soccer because it is a popular sport in the country of your ancestors, and you want to learn more about their lifestyle. Learning about a sport that commonly played in another country may help you learn more about that culture through the sport.

Most importantly, pick an activity that you enjoy. If you do not enjoy the activity, chances are you will find excuses not to exercise. The list below offers other factors may affect your activity choices:

- **Cost.** Some activities require expensive equipment. It may make sense to borrow or rent equipment, rather than buying it, when you try a new sport.
- **Where you live.** Is your local area flat or hilly? What is the climate like? Factors like these will affect the activities that you can do close to home.
- **Your schedule.** If you like to sleep late, planning to jog every morning will probably fail. Choose activities that fit your schedule and habits.
- **Your health and fitness level.** Do you have a health condition that may affect your exercise plan, such as asthma? If so, talk to your doctor before starting a new activity.
- **Personal safety.** When choosing activities, make sure that you have a safe environment to perform them in. For example, you should not go running on busy streets with no sidewalks.

<table>
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<th>Sample Physical Fitness Plan</th>
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Fitness Circuit

Many public parks have Fitness Circuits (sometimes called Par Courses) with exercise stations located throughout a park. You walk or run between stations as part of your workout. You may also consider creating your own par course at home. Fitness Circuits can be adapted to a person's individual skill level and ability.

**What Will I Need?**

- Access to a public park or a home-made Fitness Circuit course.
- Comfortable workout clothes that wick away perspiration.
- Athletic shoes.
- Stopwatch (optional).
- Jump rope, dumbbells, elastic exercise bands, or check out the Fitness Zone Equipment Rental Activity Cards. Circuit Training for Ideas.

**How Do I Start?**

- Warm-up with a 5 minute walk and stretching.
- Read the instructions at each exercise station and perform the exercises as shown. Use the correct form. Try to do as many repetitions as you can for 30 seconds.
- After you finish the exercises, walk or run to the next station and complete that exercise.

- Check your heart rate to see how intensely you exercised at the end of the Fitness Circuit.
- Cool-down by walking, standing in place and moving your feet up and down, or jogging slowly. End your cool-down with 3 to 5 minutes of stretching.
- Every month or so, consider adding a new exercise.

**How Can I Stay Safe?**

- Be alert to your surroundings in a public park. It is best to have a friend with you and it makes exercising even more fun.
- Leave enough room between stations at home to allow you to move and exercise freely. Avoid clutter to your exercise area.
- Perform the exercises correctly and at your own pace.

For more circuit training ideas, visit Cardiovascular Fitness Circuit Training Activity on the Fitness Zone site in ConnectED.
Fitness Zone

Fitness Zone callouts throughout the text incorporate fitness into the content of the lesson. Fitness Zone Online is a multimedia resource that shows students how to be physically active every day. This complete system of activity cards, videos, podcasts, and heart rate activities helps teachers to objectively assess students’ fitness levels and develop customized individual fitness improvement plans.

The Nutrition and Physical Activity Resources include:

- Clipboard Energizer Activities
- Fitness Zone Videos
- Polar Heart Rate Monitor Activities
- Podcasts
- Nutrition, physical activity, and injury prevention tips
Real World Connection

Glencoe Health provides real-world examples from trusted media sources and real-life student experiences so students connect with the content and apply it to everyday life. Students are then asked to complete questions or a related activity that encourages engagement with the subject matter.

Real World Connection

Dealing with a Bully

Stop Bullying Now! is one example of a Web site that recommends various ways to deal with a bully. In recent years, technology has given teens a new way of bullying each other. Cyberbullying can involve sending mean or threatening messages through e-mails or Web pages. Conduct an Internet search for information on other ways to deal with a bully. Look for information on the definitions of bullying, the effects it has on those who are bullied, when to talk to about bullying, and how to prevent it. Use only information from credible sources, and list the Web sites where you obtain information.

Activity

Technology

Work with a small group to conduct your research. Then, orally, perform, and record a video of a skit using the information you gathered. The skit should show what the bullied teens and the teens who oppose bullying can do to prevent it.

LESSON 2 ASSESSMENT

After You Read

Reviewing Facts and Vocabulary
1. Identify four ways to show respect in your relationships.
2. What are stereotypes?
3. List three reasons some teens bully others.

Thinking Critically
4. Synthesize. Give an example of how demonstrating strong values can strengthen your relationships with others.
5. Analyze. How is bullying different from hating?

Applying Health Skills
6. Decision Making. Ahmed has just made the swim team, but he’s concerned about reports that the varsity swimmers have the new members. Use the decision-making process to analyze how Ahmed might deal with this problem.

Write Critically
7. Persuasive. Write an editorial about the problem of bullying in schools. Your article should encourage students to help create a positive climate in which bullying is not tolerated.

Real Life Issues

Lesson 2 Respecting Yourself and Others 151

Real World Connection

Health Risks of Tobacco

Lataaya knows that tobacco use causes serious health problems. She wants to encourage her friends to avoid tobacco use. She does an online search to learn more about the health effects of tobacco use. Lataaya decides to search Web sites such as the CDC and the National Cancer Institute (NCI) to find statistics about tobacco-related deaths.

Activity

Technology

Using the CDC and NCI Web sites, along with other reliable and safe Web sites, conduct an Internet search to learn more about tobacco use among teens. Search for the following information:
- How many teens begin smoking each year?
- How can tobacco use affect a teen’s physical health?
- What impact can tobacco use have on a teen’s mental/emotional and social health?

Once your research is complete, create a Web page urging teens who use tobacco to quit. Indicate information urging teens who have never used tobacco not to start the habit.

LESSON 1 ASSESSMENT

After You Read

Reviewing Facts and Vocabulary
1. What is an addiction drug? What is the addictive drug in tobacco?
2. List three types of toxic substances found in cigarette smoke. Why are these substances harmful?
3. Explain four ways using tobacco immediately affects your body.

Thinking Critically
4. Identify. What are three ways in which tobacco use affects the respiratory system?
5. Analyze. In addition to protecting your health, explain reasons you should not use any form of tobacco.

Applying Health Skills
6. Advocacy. Write an editorial for a newspaper that encourages people to quit using tobacco products, and explain the long-term effects of tobacco use on the body.

Write Critically
7. Persuasive. Create a pamphlet raising awareness of the health risks of tobacco use. Include information on the long-term effects of tobacco use.

Real Life Issues

Lesson 1 The Health Risks of Tobacco Use 547
Hands-On Health

Glencoe Health provides many opportunities for problem-based learning including a feature called Hands-On Health. These activities help students gain a deeper understanding of the concepts and standards at the heart of the project.

There are 28 Hands-On Health activities available throughout the program that cover topics from Communication and Stress-Management to Conflict-Resolution and Refusal Skills.
To learn more, please visit mheducation.com/prek12Oregon/Health

Or contact your local sales representative:

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