READY, SET,
GO!
WITH DONATELLE,
HEALTH: THE BASICS, 12E
The MasteringHealth Edition
NEW! Study Plan tied to Learning Outcomes

Numbered learning outcomes now introduce every chapter and mini-chapter, giving students a roadmap for their reading. Each chapter concludes with a Study Plan, which summarizes key points of the chapter and provides review questions and critical thinking questions to check understanding, all tied to the chapter’s learning outcomes and assignable in MasteringHealth.

NEW! ABC News Lecture Launchers

New videos from ABC News bring personal health to life and spark discussion with up-to-date hot topics such as stress among millennials, hate crimes, and rates of heroin use. Assignable multiple-choice questions available in MasteringHealth provide wrong-answer feedback to redirect students to the correct answer.
NEW! Interactive Behavior Change Activities—Which Path Would You Take?

By scanning a QR code with their mobile device, students gain access to an exploration of various health choices through an engaging, interactive, low-stakes, and anonymous experience. These activities show students the possible consequences of various choices they make today on their future health through a choose-your-own-adventure style interface.

UPATED!

A new mini-chapter, Focus On: Sexuality, has been pulled from the previously titled Healthy Relationships and Understanding Sexuality chapter, making it easier to assign the sexuality material in connection with the Reproductive Choices chapter (contraception). Additional information on social connections is now included in the Relationships chapter.

Current Health Topics Straight from the Headlines

Current health issues are covered throughout the new edition, speaking to students’ questions and concerns. New and updated material covers such areas as

- the heritability of well-being
- suicide risk factors
- the psychological and physiological effects of meditation
- technotress
- the relationship between media violence and actual violence
- social network use
- the abuse of heroin, khat, and salvia
- the characteristics of successful weight losers
- orthorexia nervosa
- Crossfit and high-intensity interval training (HIIT)
- the global burden of disease
- safe oral sex
- the human impact on the existence or extinction of other species

Focus On: Financial Health mini-chapter has been streamlined to focus more on the connection between wealth and health.
Mastering is the most effective and widely used online homework, tutorial, and assessment system for the sciences and now includes content specifically for health courses. Mastering delivers self-paced tutorials that focus on your course objectives, provides individualized coaching, and responds to each student’s progress.

**BEFORE CLASS**  
Dynamic Study Modules and eText 2.0 Provide Students with a Preview of What’s to Come.

**NEW!** Dynamic Study Modules help students study effectively on their own by continuously assessing their activity and performance in real time. Students complete a set of questions with a unique answer format that also asks them to indicate their confidence level. Questions repeat until the student can answer them all correctly and confidently. Once completed, Dynamic Study Modules explain the concept using materials from the text.

**NEW!** Interactive eText 2.0, complete with embedded media, is mobile friendly and ADA accessible.
- Now available on smartphones and tablets
- Seamlessly integrated videos and other rich media
- Accessible (screen-reader ready)
- Configurable reading settings, including resizable type and night reading mode
- Instructor and student note-taking, highlighting, bookmarking, and search

**DURING CLASS**  
Engage students with Learning Catalytics

Learning Catalytics, a “bring your own device” student engagement, assessment, and classroom intelligence system, allows students to use their smartphones, tablets, or laptops to respond to questions in class.
The breadth and depth of content available to you to assign in MasteringHealth is unparalleled, allowing you to quickly and easily assign homework to reinforce key concepts.

**NEW!** Interactive Behavior Change Activities—Which Path Would You Take? allow students to explore various health choices through an engaging, interactive, low-stakes, and anonymous experience.

In activities covering topics such as alcohol, smoking, nutrition, and fitness, students receive specific feedback on the choices they make today and the possible consequences on their future health.

These activities are linked out to Mastering from the book and made assignable in Mastering with follow-up questions.
NEW! **Study Plans** tie all end-of-chapter material (including chapter review, pop quiz, and Think About It! questions) to specific numbered learning outcomes and Mastering assets. Assignable Study Plan items contain at least one multiple choice question per learning outcome and wrong-answer feedback.

UPDATED! **Self-Assessments** from the text are available within MasteringHealth in easy-to-assign formats both in PDF format with a self-reflection section and as a multi-part activity that speaks to your gradebook.

Coaching activities guide students through key health and fitness concepts with interactive mini-lessons that provide hints and feedback.
Behavior Change Videos are concise whiteboard-style videos that help students with the steps of behavior change, covering topics such as setting SMART goals, identifying and overcoming barriers to change, planning realistic timelines, and more. Additional videos review key fitness concepts such as determining target heart rate range for exercise. All videos include assessment activities and are assignable in MasteringHealth.

NutriTools Coaching Activities in the nutrition chapter allow students to combine and experiment with different food options and learn firsthand how to build healthier meals.

Learning Outcomes
All of the MasteringHealth assignable content is tagged to book content and to Bloom’s Taxonomy. You also have the ability to add your own outcomes, helping you track student performance against your learning outcomes. You can view class performance against the specified learning outcomes and share those results quickly and easily by exporting to a spreadsheet.
EVERYTHING YOU NEED TO TEACH IN ONE PLACE

TEACHING TOOLKIT

The Teaching Toolkit DVD provides everything that you need to prep for your course and deliver a dynamic lecture, in one convenient place. These valuable resources are included on three disks:

**DISK 1**
Robust Media Assets for Each Chapter
- ABC News Lecture Launcher videos
- Behavior Change videos
- PowerPoint Lecture Outlines
- PowerPoint clicker questions and Jeopardy-style quiz show questions
- Files for all illustrations and tables and selected photos from the text

**DISK 2**
Comprehensive Test Bank
- Test Bank in Microsoft Word, PDF, and RTF formats
- Computerized Test Bank, which includes all the questions from the printed test bank in a format that allows you to easily and intuitively build exams and quizzes

**DISK 3**
Additional Innovative Supplements for Instructors and Students

*For Instructors*
- Instructor Resource and Support Manual in Microsoft Word and PDF formats
- Step-by-step MasteringHealth tutorials
- Video introduction to Learning Catalytics™
- Great Ideas in Teaching Health & Wellness
- Teaching with Student Learning Outcomes
- Teaching with Web 2.0

*For Students*
- Take Charge Self-Assessment Worksheets
- Behavior Change Log Book and Wellness Journal
- Live Right! Beating Stress in College and Beyond
- Eat Right! Healthy Eating in College and Beyond
- Food Composition Table

**User’s Quick Guide for Health The Basics**
This easy-to-use printed supplement accompanies the Teaching Toolkit and offers easy instructions for both experienced and new faculty members to get started with the rich Toolkit content and MasteringHealth.