

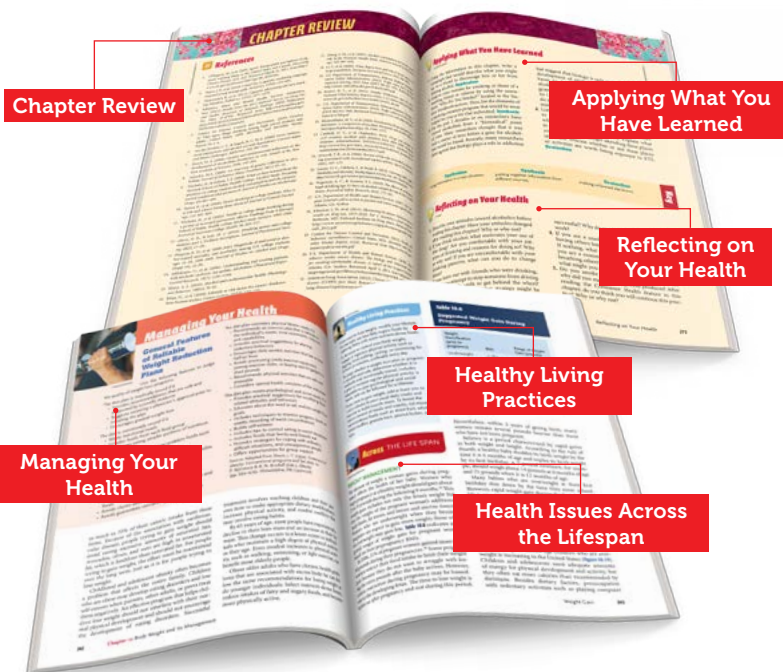
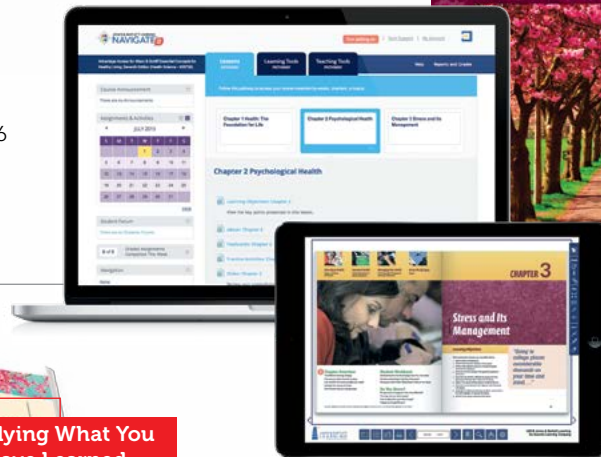
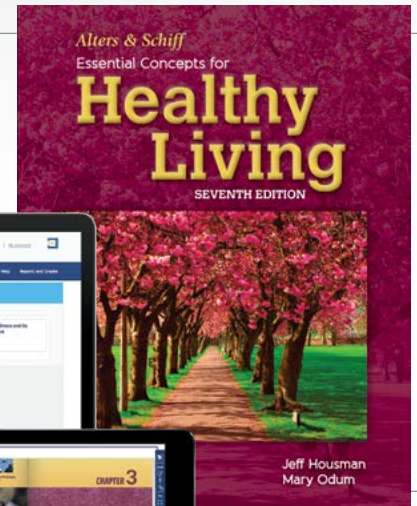
Why You Should Adopt

Alters & Schiff Essential Concepts for Healthy Living

SEVENTH EDITION

Includes Navigate 2 Advantage Access

- ✔ **Option 1:** Paperback with Navigate 2 Advantage Access
ISBN: 978-1-284-04997-8 • 718 pages • © 2016
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The Student Experience

The *Seventh Edition* urges students to think critically about their health and overall wellness and empowers them, with effective tools, to help them reach this goal.

Teaching and Learning Personal Health Just Got Easier with Navigate 2 Advantage Access

- ★ **Learn:** A Complete eBook with Interactive Tools and Animations that Bring Personal Health Concepts to Life
- ★ **Practice:** A Virtual Study Center with Robust Practice Activities & Flashcards
- ★ **Assess:** A Homework and Testing Assessment Center with Pre-Populated Quizzes and Examinations (Available to adopting instructors with Course ID)
- ★ **Analyze:** A Dashboard that Reports Actionable Data ((Available to adopting instructors with Course ID)

Course Materials

Learning Tools

- Interactive eBook
- Warm Up Activities
- Animations
- Learning Objectives
- Lecture Outlines
- Flashcards
- Practice Activities
- Student Workbook Exercises
- Weblinks

Teaching Tools (available with Course ID)

- Instructor's Manual
- Chapter Outlines
- Classroom Activities
- Lecture Slides in PowerPoint Format
- Discussion Questions
- Test Bank
- Pre-populated Quizzes and Exams with Automatic Grading
- Sample Syllabus
- Hassle-free Gradebook
- Course Management Tools

eBook Resources

Chapter	Title	Knowledge Check Questions (ungraded)	Animations*	eBook Quiz Questions (Graded)
1	Health: The Foundation for Life	14	1	20
2	Psychological Health	14	0	20
3	Stress and Its Management	14	1	20
4	Violence and Abuse	13	0	20
5	Reproductive Health	18	1	20
6	Romantic Relationships and Sexuality	16	1	20
7	Drug Use and Abuse	26	3	20
8	Alcohol and Tobacco	7	3	20
9	Nutrition	12	3	20
10	Body Weight and Its Management	12	1	20
11	Physical Fitness	16	0	20
12	Cardiovascular Health	8	5	20
13	Cancer	12	1	20
14	Infection, Immunity, and Noninfectious Disease	23	4	20
15	Aging, Dying, and Death	9	0	20
16	Environmental Health	6	0	20

*For a complete list of animations, visit go.jblearning.com/Housman

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