



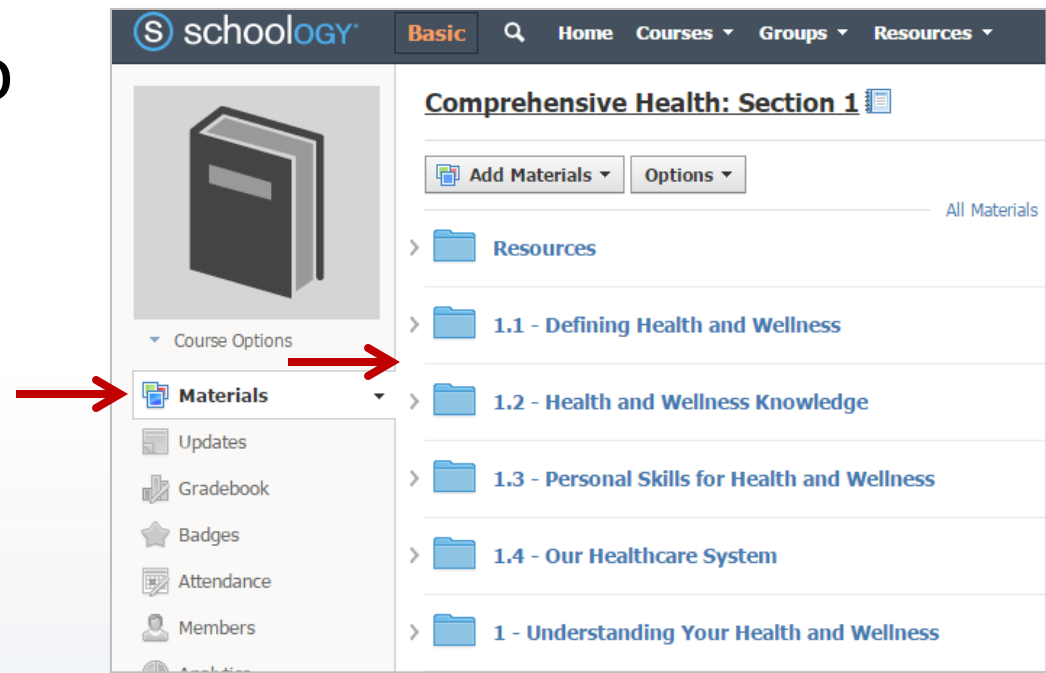
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Schoology Integration

- Course content, includes:
 - Online Textbook
 - Online Workbook
 - Online Instructor's Resources
 - Online Teacher's Edition
 - Companion Website links
- QTI files include:
 - Exam questions (same as in ExamView Assessment Suite)

Course Content

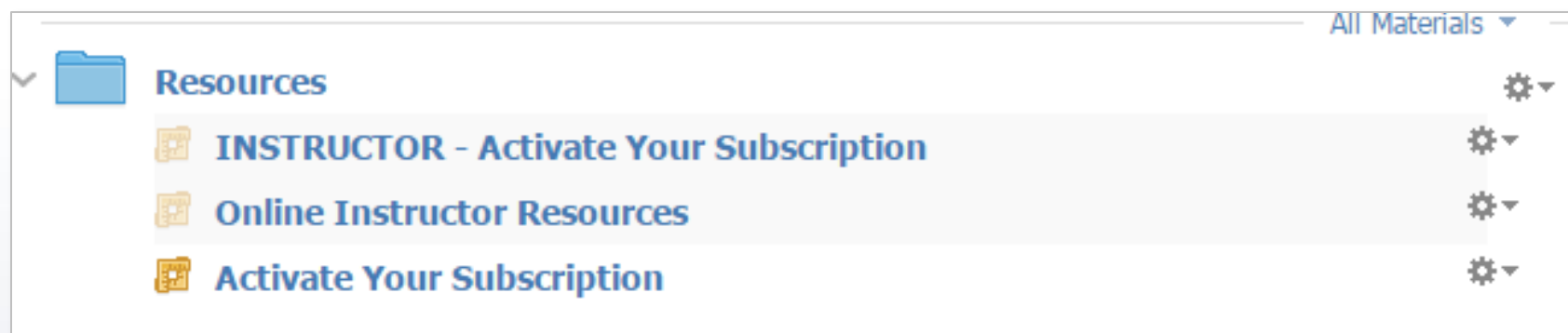
- Content imports to *Materials* area
- Content is organized by chapter/lessons



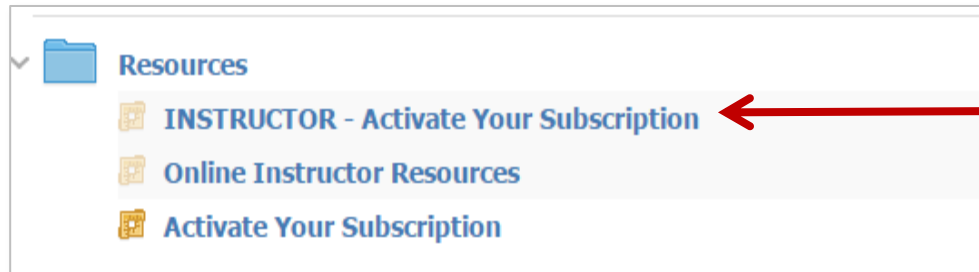
Activation

Activation

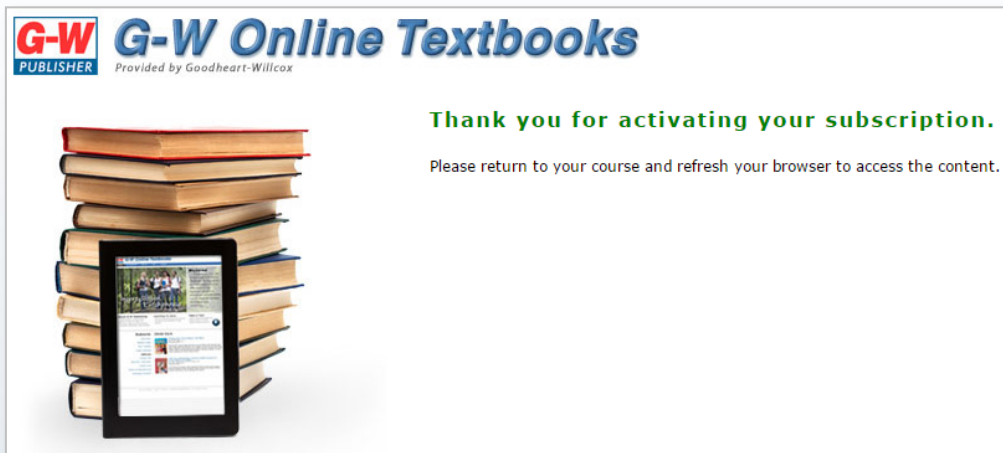
- Simple subscription activation for both instructor and student



Instructor Activation

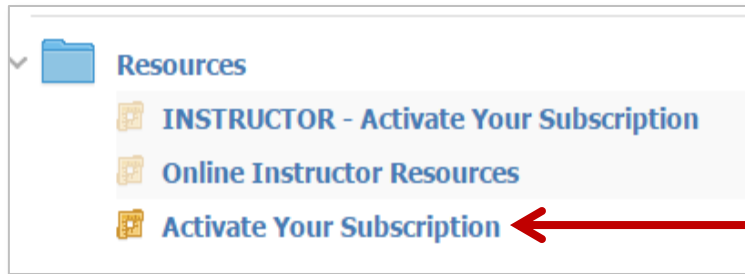


Instructor clicks this link to activate their subscription.

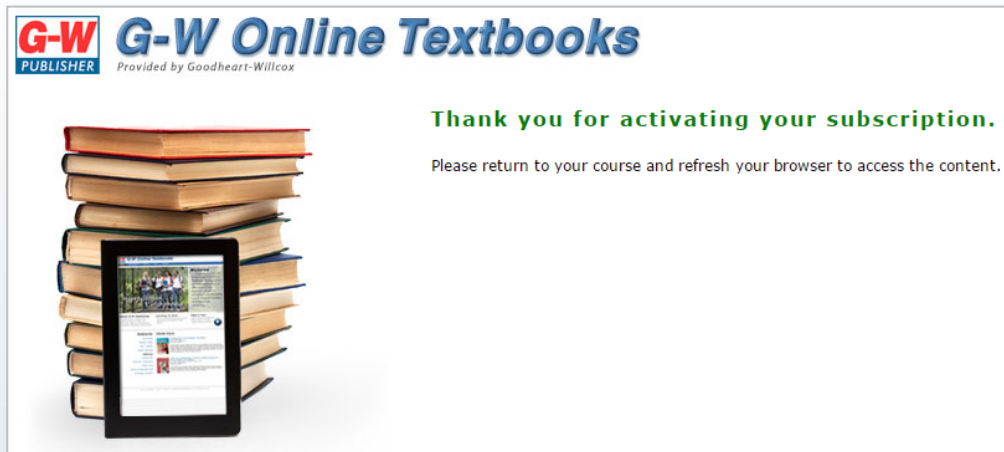


Confirmation that subscription was successfully activated.

Student Activation



Student clicks this link to activate their subscription.

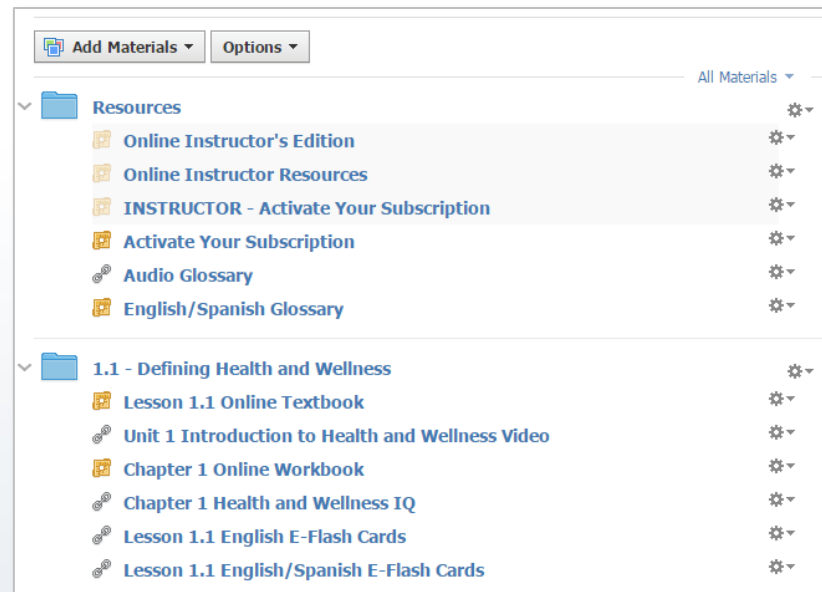


Confirmation that subscription was successfully activated.

Materials

Materials

- Content is organized by chapters/lessons in the Resources section of Schoology



Materials

- Anatomy of a Chapter (varies per title)
 - 1.1 = Chapter 1 Lesson 1 (red box)
 - 1 = Chapter 1 Overview/End of Chapter Materials (blue box)

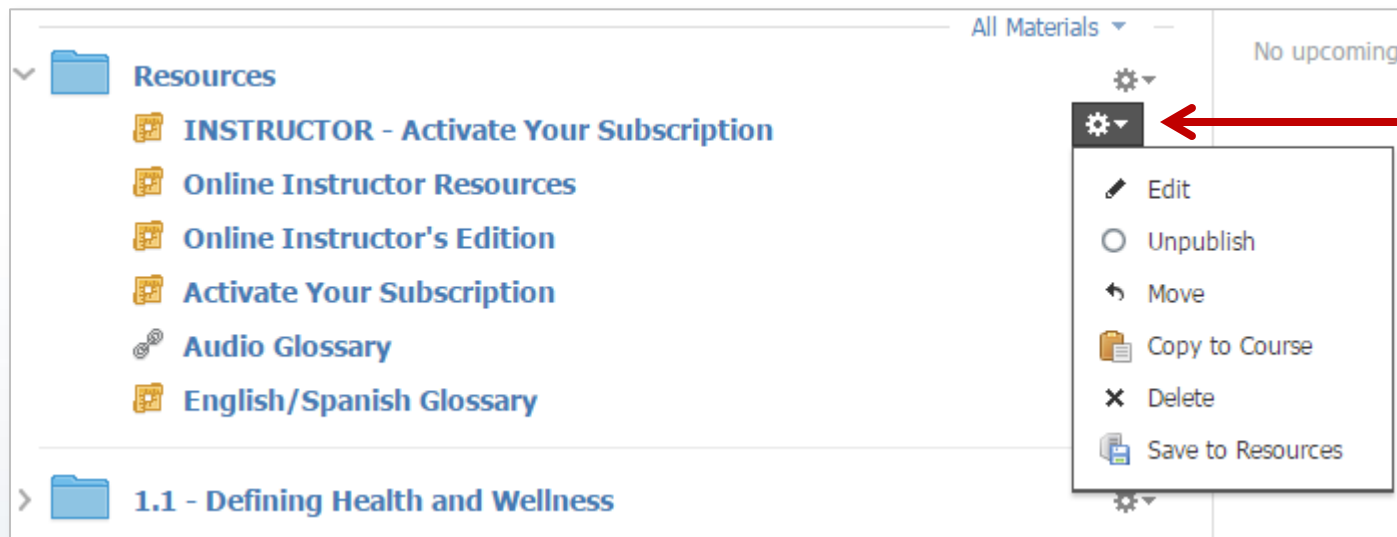


Materials

- Options for customizing modules/content include:
 - Adjusting visibility of content by publishing/unpublishing
 - Moving content to a different location in the course
 - Adding/removing content

Materials

- Adjust the visibility of content by publishing/unpublishing

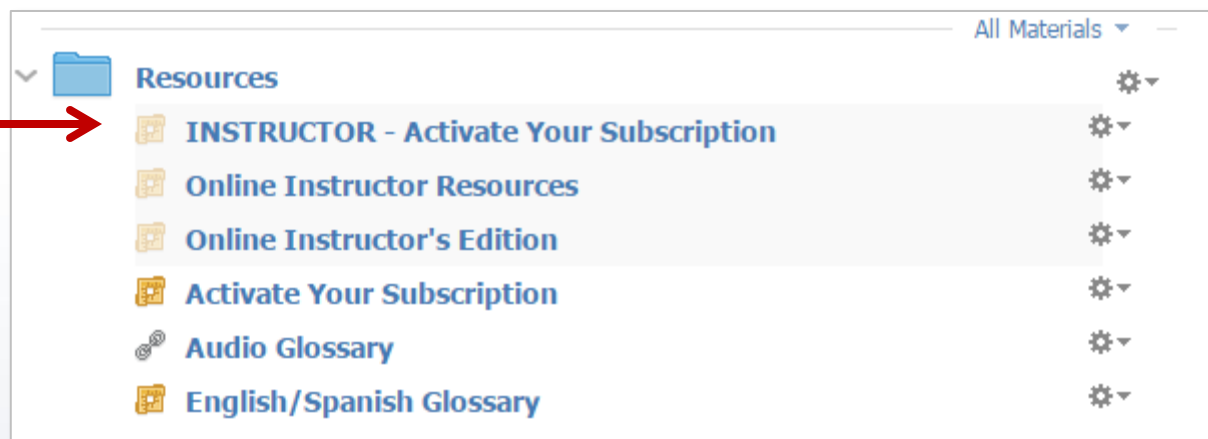


Select the *gear* and then select *Unpublish*

Materials

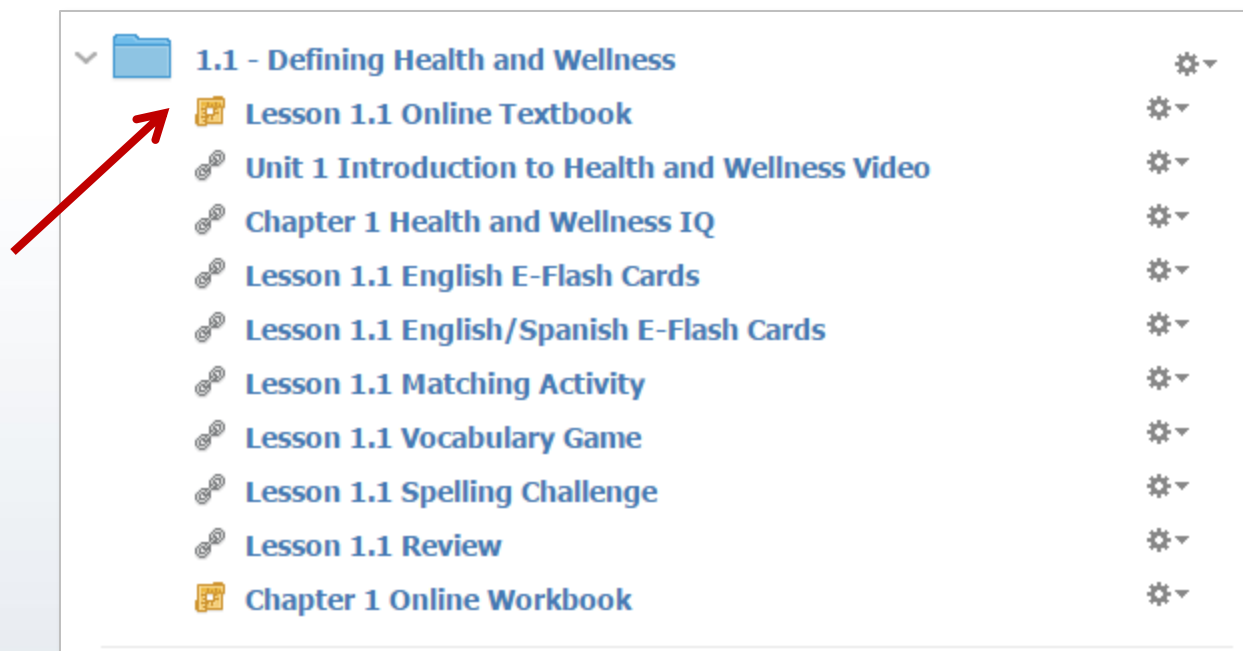
- Adjust the visibility of content by publishing/unpublishing

Greyed out tool icon
is unpublished and
not visible to
students



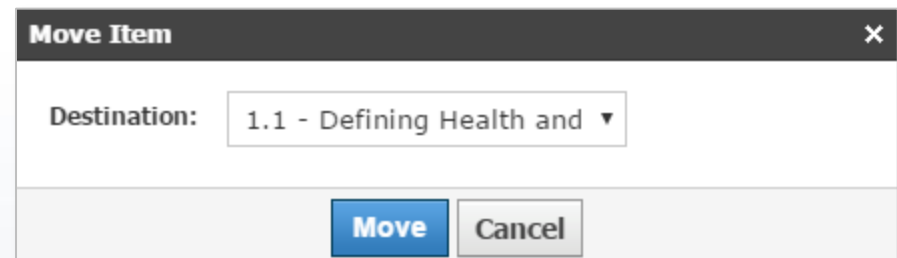
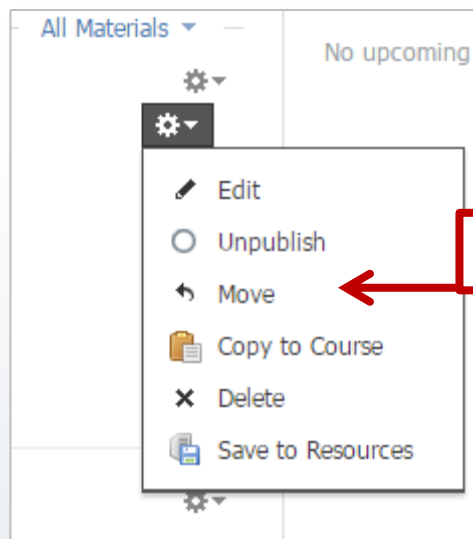
Materials

- Move content to a different location in the course
 - Manually drag and drop folders and/or files to desired location



Materials

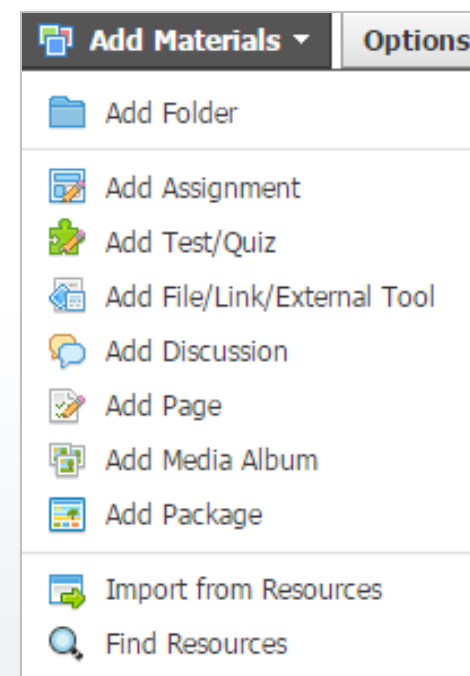
- Move content to a different location in the course
 - Move option with Move Item settings



Adjust settings according to the desired placement of the item

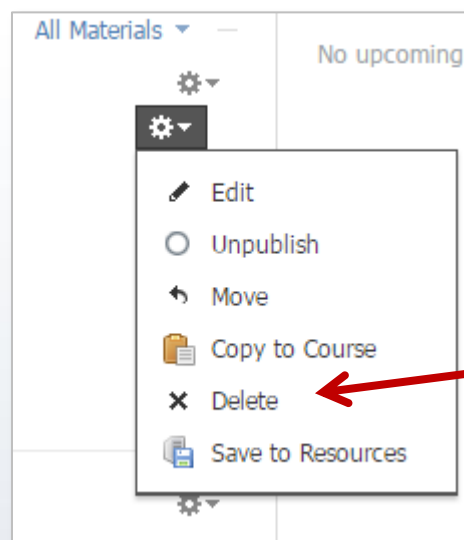
Materials

- *Add Materials* to the course
- Types of content that can be added include:
 - Folder
 - Assignment
 - Test/Quiz
 - File/Link/External Tool
 - Discussion
 - Page
 - Media Album
 - Package



Materials

- Delete content from the course
 - Be careful deleting content! We highly recommend unpublishing instead of deleting.

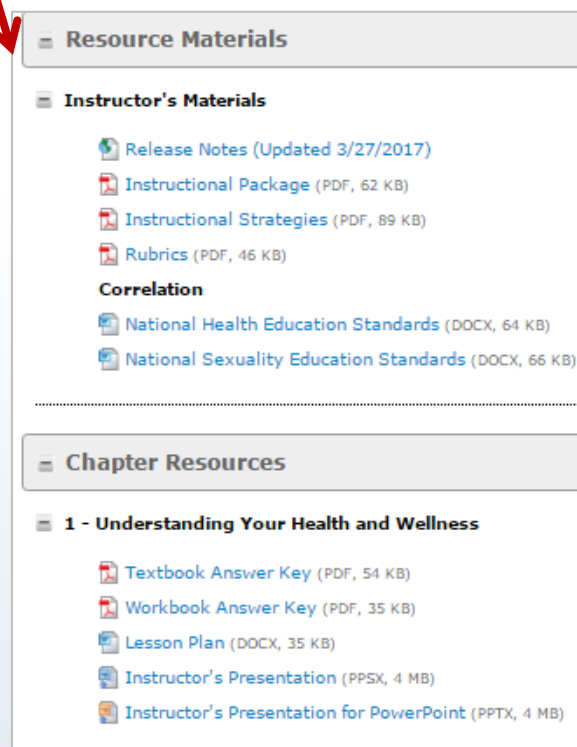
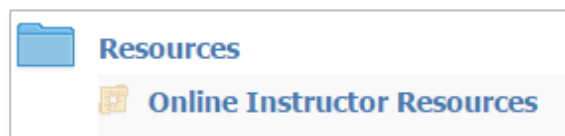


Select
Delete

Instructor Materials

Instructor Resources

- Online Instructor's Resources
 - Lesson Plans
 - Answer Keys
 - Presentations for PowerPoint®
 - And more!




Instructor Materials



Instructor Resources

Provided by Goodheart-Willcox Co., Inc.

[Home](#)
[My Bookshelf](#)
[Textbooks](#)
[Tour](#)
[Support](#)



Comprehensive HEALTH

Instructor Resources

By: Catherine Sanderson, Mark Zelman, Melanie Lynch, and Melissa Munsell
Copyright: 2018

Resources
Companion Website

Comprehensive Health, Instructor Resources

This **Comprehensive Health Instructor Resources** contains an assortment of instructor materials. Resource materials include an introduction and overview of the teaching material, best practices and classroom strategies, assessment rubrics, and correlations to national standards. Chapter resource content includes Textbook Answer Keys, Workbook Answer Keys, Lesson Plans, and Presentations for PowerPoint®. Assessment Software & Question Pools includes the ExamView® Assessment Suite v9.1 Software and Question Bank Files. Files are provided in various formats (PDF, DOCX, PPSX, PPTX, and ZIP). These types of files will require compatible programs. Right-click a link to view additional options: open the file in a new tab or save file to a new location. By using this product, you agree to the end-user [license agreement](#).

Resource Materials

Instructor's Materials

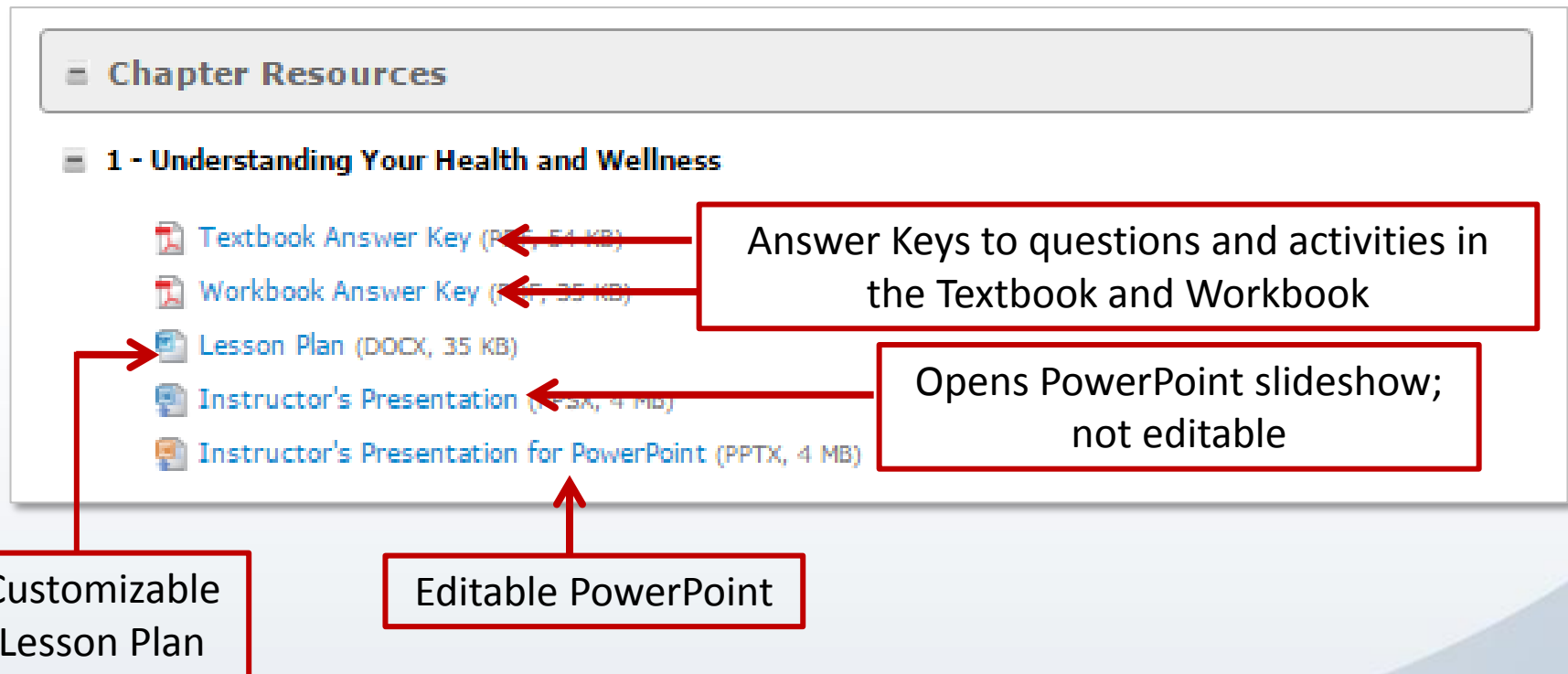
- Release Notes (Updated 3/27/2017)
- Instructional Package (PDF, 62 KB)
- Instructional Strategies (PDF, 89 KB)
- Rubrics (PDF, 46 KB)
- Correlation
 - National Health Education Standards (PDF, 27 KB)
 - National Sexuality Education Standards (DOCX, 66 KB)

Information and strategies for using Comprehensive Health in your course

Sample rubrics for various situations/ assignments

Correlations to national standards

Instructor Materials



The screenshot shows a web interface for 'Chapter Resources'. Under the heading '1 - Understanding Your Health and Wellness', there is a list of resources: 'Textbook Answer Key (PDF, 54 KB)', 'Workbook Answer Key (PDF, 35 KB)', 'Lesson Plan (DOCX, 35 KB)', 'Instructor's Presentation (PPTX, 4 MB)', and 'Instructor's Presentation for PowerPoint (PPTX, 4 MB)'. Red arrows point from text boxes to these resources: 'Answer Keys to questions and activities in the Textbook and Workbook' points to the first two; 'Opens PowerPoint slideshow; not editable' points to the last two; 'Customizable Lesson Plan' points to the Lesson Plan; and 'Editable PowerPoint' points to the Instructor's Presentation.

Chapter Resources

1 - Understanding Your Health and Wellness

- Textbook Answer Key (PDF, 54 KB)
- Workbook Answer Key (PDF, 35 KB)
- Lesson Plan (DOCX, 35 KB)
- Instructor's Presentation (PPTX, 4 MB)
- Instructor's Presentation for PowerPoint (PPTX, 4 MB)


Answer Keys to questions and activities in the Textbook and Workbook

Opens PowerPoint slideshow; not editable

Customizable Lesson Plan

Editable PowerPoint

Online Teacher's Edition


Resources



Online Instructor's Edition



Table of Contents

Welcome to Comprehensive Health	M1
Instructor's Edition Front Matter	IE1
Front Matter	i
Unit 1 Introduction to Health and Wellness	2
1 - Understanding Your Health and Wellness	4
2 - Risk Factors: Behavior, Genes, Environment	36
Unit 2 Nutrition and Food Choices	64
3 - Nutrition	66
4 - Body Weight and Composition	104
5 - Body Image	130
Unit 3 Fitness and Personal Health	156
6 - Physical Fitness	158
7 - Sleep	196
8 - Personal Hygiene and Basic Healthcare	226
Unit 4 Understanding and Avoiding Hazardous Substances	254
9 - Tobacco	256

Online Teacher's Edition

Comprehensive Health, 2nd Edition, Instructor's Edition Page 5

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What's Your Health and Wellness IQ?

Take this quiz to see what you do and do not know about health and wellness. If you cannot answer a question, pay extra attention to that topic as you study this chapter.

Health and Wellness IQ

1. Diseases and disorders are the same.	True	False	It Depends
2. Good friendships and family relationships make you healthy.	True	False	It Depends
3. Mental illness can affect your social health.	True	False	It Depends
4. Goals are not an important part of your health.	True	False	It Depends
5. You don't have to be sick to be unhealthy.	True	False	It Depends
6. You can change behaviors that make you unhealthy.	True	False	It Depends
7. You don't need annual check-ups with your doctor.	True	False	It Depends
8. A person's workplace can affect his or her well-being.	True	False	It Depends
9. You cannot find reliable health information on the Internet.	True	False	It Depends
10. Intellectually healthy people do not care about school.	True	False	It Depends

- Identify each statement as True, False, or It Depends. Choose It Depends if a statement is true in some cases, but false in others.
- Revise each False statement to make it true.
- Explain the circumstances in which each It Depends statement is true and when it is false.

Setting the Scene

When you were a young child, you didn't choose what you ate—your parents and guardians did. When you exercised, it wasn't because you thought it was good for you, but because it was fun. Still, you had limited choices in the matter—the adults in your life took you to parks and introduced you to jump ropes, scooters, and bikes. They also worked hard to keep you safe and injury free.

Now that you're an adolescent you make many of your own choices, including choices that affect your health. For example, if your school cafeteria offers pizza and a salad bar, you make the choice between the two. You also decide whether or not you will be physically active, or sit in front of a TV or computer screen much of the day. And you decide whether or not to take risks, such as riding in a car driven by an intoxicated friend, or lighting a first cigarette and taking a puff.

Many of the choices you make today will impact your health and quality of life in either a positive or negative way. Why



◀ Previous




Next ▶



Online Textbook



Online Textbook




- Provides Lesson and Chapter links to Online Textbook



 1.1 - Defining Health and Wellness 

 Lesson 1.1 Online Textbook  

 Unit 1 Introduction to Health and Wellness Video 

 1.2 - Health and Wellness Knowledge 

 Lesson 1.2 Online Textbook  

 Lesson 1.2 English E-Flash Cards 

Online Textbook Features

Keyword Search → Search...

Jump to Page → page...

Next Page → >

Previous Page → <

Print this Page → [Print Icon]

Resources → [Resources Icon]

Table of Contents → [Table of Contents Icon]

Zoom Out → [Zoom Out Icon]

Zoom In → [Zoom In Icon]

Chapter 1
Understanding Your Health and Wellness

- Lesson 1.1
Defining Health and Wellness
- Lesson 1.2
Health and Wellness Knowledge
- Lesson 1.3
Personal Skills for Health and Wellness
- Lesson 1.4


Companion Website

- Companion Website menu can be accessed from Instructor Resources and Online Textbooks Resources menu



Companion Website

- Individual Companion Website activities can be accessed directly in the course

	Unit 1 Introduction to Health and Wellness Video	
	Chapter 1 Online Workbook	
	Chapter 1 Health and Wellness IQ	
	Lesson 1.1 English E-Flash Cards	
	Lesson 1.1 English/Spanish E-Flash Cards	

Companion Website

Comprehensive Health

G-W Learning | Help

[Collapse All](#)

Audio Glossary

English/Spanish Glossary

[Videos and Animations](#) ▶

Unit 1 - Introduction to Health and Wellness (Video)

1 - Understanding Your Health and Wellness ▼

Health and Wellness IQ

1.1 - Defining Health and Wellness ▼

Practice Vocabulary

- English E-Flash Cards
- English/Spanish E-Flash Cards
- Matching Activity
- Vocabulary Game
- Spelling Challenge

Assessment

Lesson 1.1 Review

Videos and animations for specific units and figures

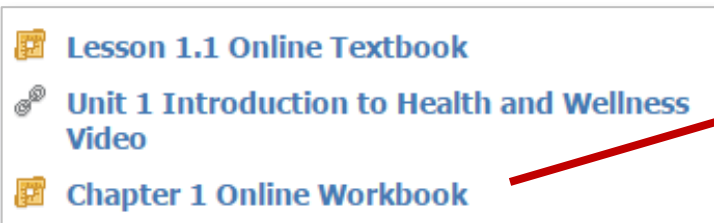
Quizzes that can be emailed to teacher (will have to graded)

Vocabulary drill and practice activities

Online Workbook

Online Workbook

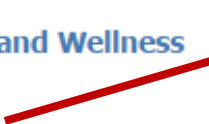
- Provides Chapter links to Online Workbook
 - Web-based form fields with e-mail submission
 - PDFs with form fields for manual submission



Lesson 1.1 Online Textbook

Unit 1 Introduction to Health and Wellness Video

Chapter 1 Online Workbook



1 - Understanding Your Health and Wellness ▼

[PDF](#) All Chapter 1 Activities

[Web](#) Lesson 1.1 Key Terms Review

[Web](#) Lesson 1.1 The Four Dimensions of Health

[Web](#) Lesson 1.2 Finding Reliable Health Information

[Web](#) Lesson 1.2 Evaluating Health Information

[Web](#) Lesson 1.3 Decision Making 101

[Web](#) Lesson 1.3 SMART Goal Setting 101

[Web](#) Lesson 1.4 Communicating with Your Doctor

[Web](#) Chapter 1 Reading Practice

[Web](#) Chapter 1 Practice Test

Online Workbook-PDF Form Fields

Lesson 1.1

Key Terms Review

Students will
type their
answers here

Multiple Choice: Write the letter that corresponds to the correct answer in the blank space.

1. Which of the following refers to a healthy balance of physical, emotional, intellectual, and social health?
 A. well-being
 B. optimal health
 C. wellness
 D. disorder
2. Which of the following does *not* describe a disorder?
 A. an abnormal physical condition
 B. a condition that appears to have no single cause
 C. a condition that has a single, specific, identified cause
 D. an abnormal mental condition
3. The flu and chicken pox are examples of _____.
 A. chronic diseases
 B. acute diseases
 C. disorders
 D. all of the above
5. On the health and wellness continuum, the opposite of disease and early death is _____.
 A. chronic disease
 B. optimal health
 C. disorder
 D. acute disease
6. What traits characterize people who are in a state of well-being?
 A. They feel safe.
 B. They feel fulfilled.
 C. They feel productive.
 D. all of the above
7. A disease indicator that is sensed by the sick person is called a(n) _____.
 A. sign
 B. symptom
 C. impairment
 D. disorder
8. An outward indicator of disease that can be detected and measured by others is called a(n) _____.
 A. sign
 B. symptom
 C. impairment
 D. disorder

Online Workbook-Web Form Fields

Students will
select or type
their answers
here

Comprehensive Health | Student Workbook

Chapter 1: Understanding Your Health and Wellness

Lesson 1.1: Key Terms Review

Multiple Choice: Select the letter that corresponds to the correct answer in the blank space.

1. Which of the following refers to a healthy balance of physical, emotional, intellectual, and social health?

2. Which of the following does *not* describe a disorder?

3. The flu and chicken pox are examples of _____.

4. Cancer, heart disease, and diabetes are examples of _____.

5. On the health and wellness continuum, the opposite of disease and early death is _____.

6. What traits characterize people who are in a state of well-being?

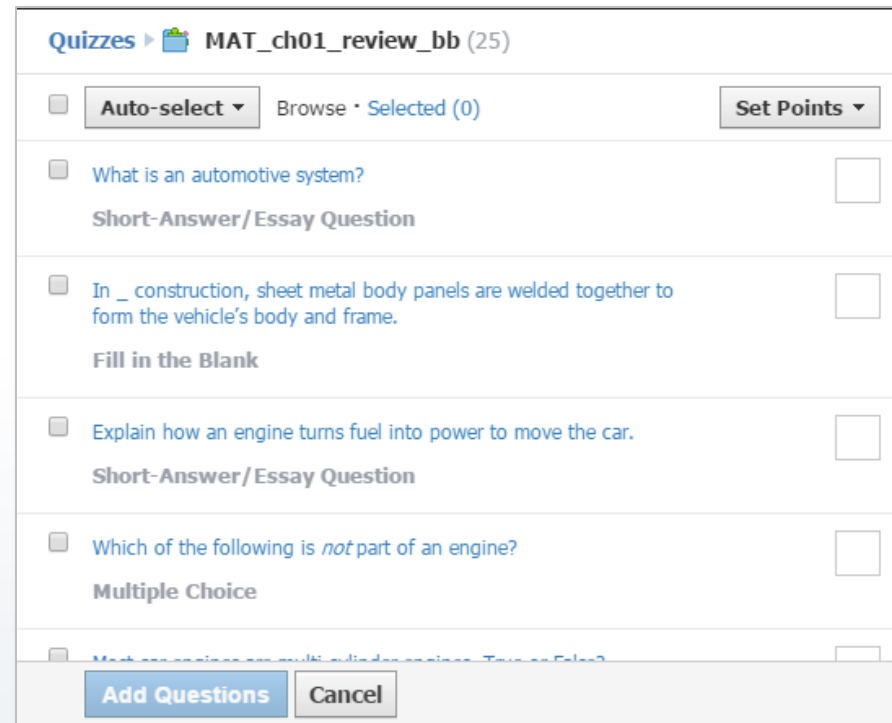
7. A disease indicator that is sensed by the sick person is called a(n) _____.

8. An outward indicator of disease that can be detected and measured by other people is a(n) _____.

Assessments/Quizzes (QTI Files)

Assessments

- QTI files import both as editable quizzes and question banks
- Include all questions from the ExamView Assessment Suite



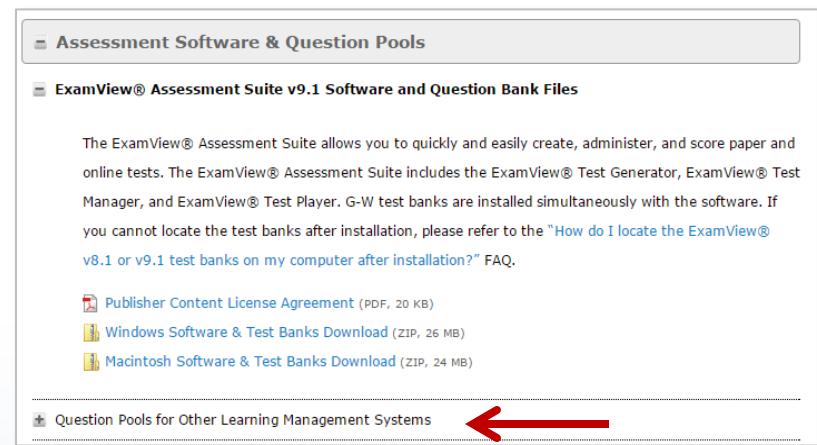
The screenshot displays the 'Quizzes' section of the ExamView software. The title bar shows 'MAT_ch01_review_bb (25)'. Below the title bar, there is a 'Set Points' dropdown menu. The main area lists several questions, each with a checkbox on the left and a 'Set Points' dropdown on the right. The questions are:

- ☐ What is an automotive system? (Short-Answer/Essay Question)
- ☐ In _ construction, sheet metal body panels are welded together to form the vehicle's body and frame. (Fill in the Blank)
- ☐ Explain how an engine turns fuel into power to move the car. (Short-Answer/Essay Question)
- ☐ Which of the following is *not* part of an engine? (Multiple Choice)

At the bottom of the window, there are two buttons: 'Add Questions' and 'Cancel'.

Assessments

- Within the Online Instructor Resources, select Assessment Software & Question Pools.
- Select Question Pools for Other Learning Management Systems
 - NOTE: Some will have a Question Pools for Other Learning Management Systems section and others have an IMS QTI 1.1+ section.



Assessments

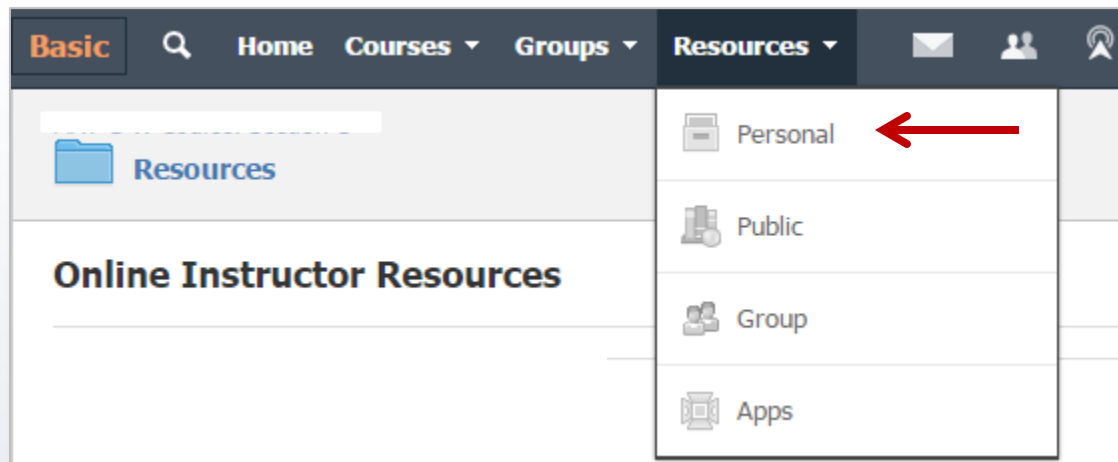
- Of the file formats G-W offers, the Blackboard format is the best option for importing into Schoology.
- Select the name of the question type to download the question pools.

Assessments

- Once the file is downloaded, extract the files from the zip.
- After files are extracted, there will be one zip file for each chapter.
 - Note: If you downloaded Exam Questions, skip this step. The Exam Questions do not need to be unzipped.

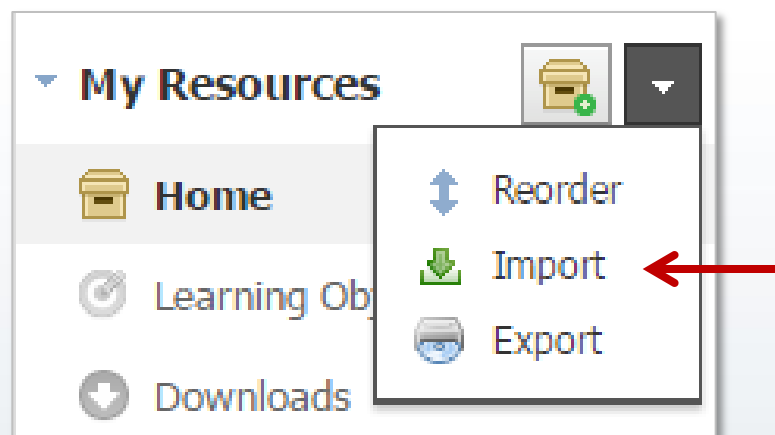
Assessments

- Within Schoology, select *Resources* from the main navigation at the top of the page. Next, select *Personal*.



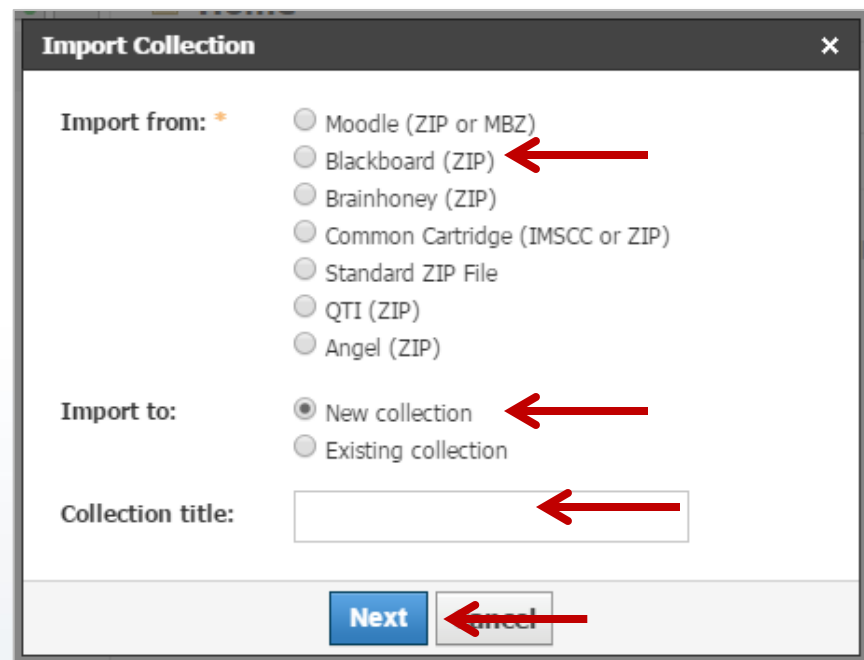
Assessments

- Select the *My Resources* drop-down menu icon (grey box with arrow). Select *Import*.



Assessments

- Adjust the settings in the Import Collection dialog box as follows. Then select *Next* to continue.
 - **Import from:** Blackboard (ZIP)
 - **Import to:** New Collection
 - **Collection title:** We recommend using the Quizzes/Tests/Chapter Numbers as the collection title.

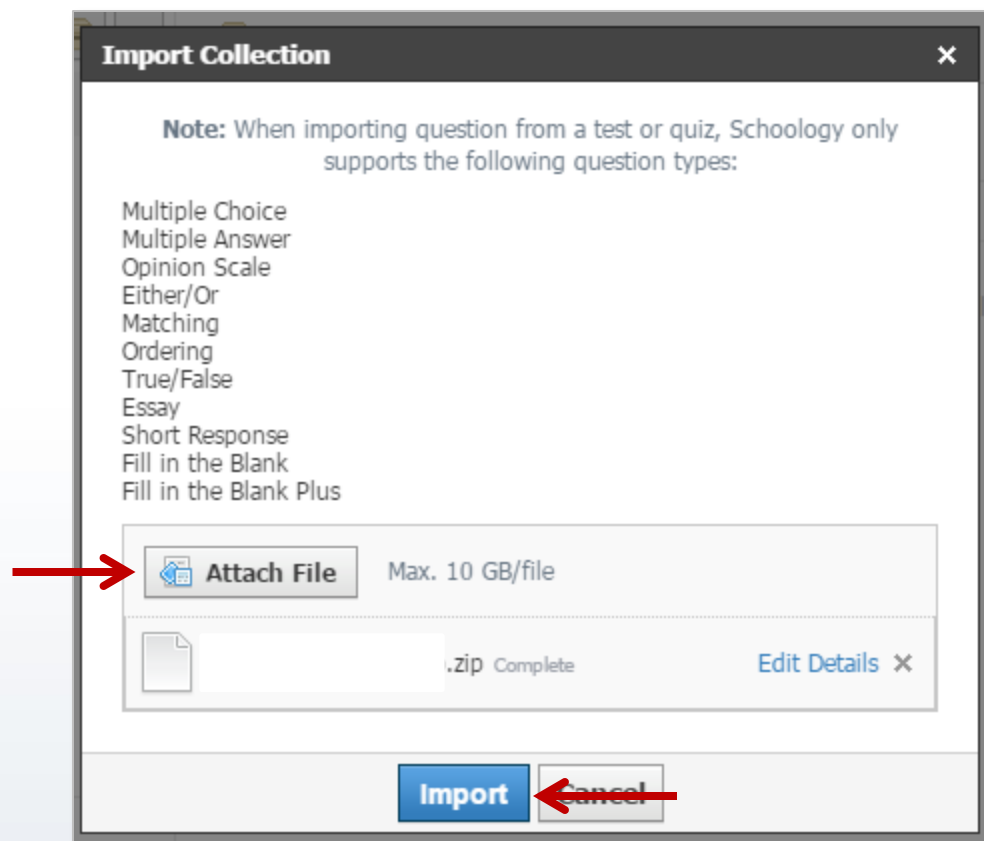


The screenshot shows the 'Import Collection' dialog box with the following settings and red arrows indicating the correct choices:

- Import from:** Blackboard (ZIP) (indicated by a red arrow)
- Import to:** New collection (indicated by a red arrow)
- Collection title:** (empty text box, indicated by a red arrow)
- Next** button (indicated by a red arrow)

Assessments

- Select *Attach File*.
- Browse to find the zip file you would like to import. Then select *Import*.



Assessments

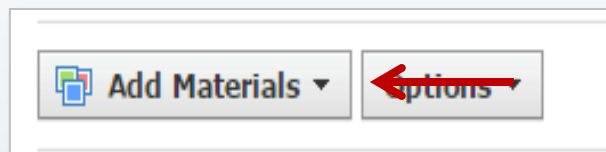
- The assessment file will begin to upload. Depending on the size of the file and number of questions and images included, this could take some time. The upload status can be accessed in your *Transfer History*.
- When file upload is complete, the assessment will be located within *My Resources* in the Collection/folder you created.

Assessments

- Repeat this process for all assessments you would like to import.

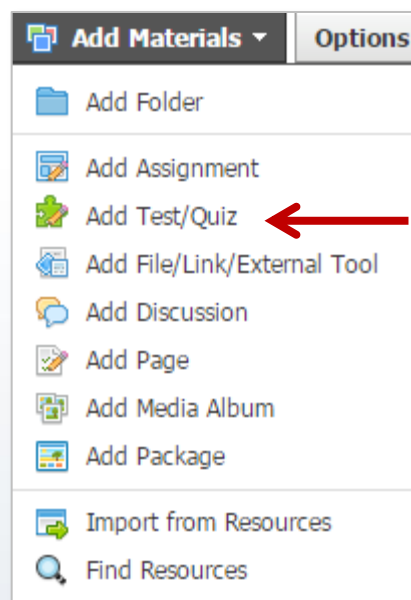
Add Assessments To Course

- Select *Courses* from the main navigation at the top of the page. Then select the specific course to which you would like to add the assessment(s).
- Select *Add Material*.



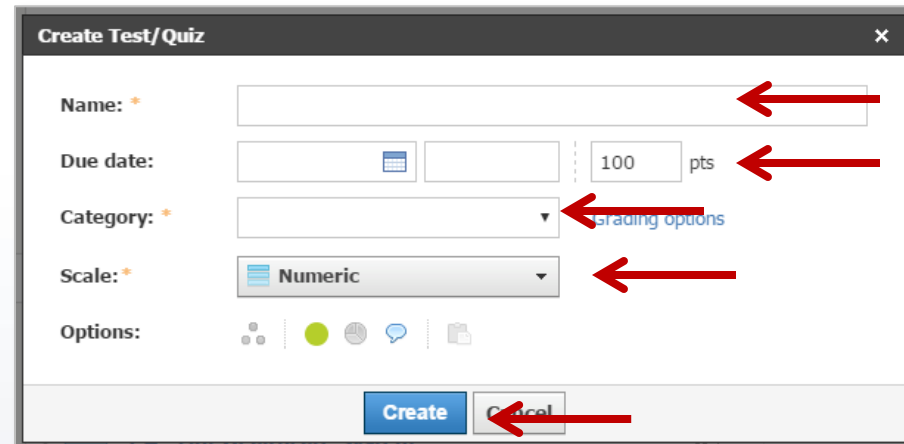
Add Assessments To Course

- Select *Add Test/Quiz*.



Add Assessments To Course

- Adjust the settings in the Create Test/Quiz dialog box as follows. Then select *Create*.
 - **Name:** Enter the desired name for the test/quiz
 - **Due Date:** Select the due date and assign the point value
 - **Category:** Select the grading category where this assessment should reside
 - **Scale:** Select the appropriate grading scale for the assessment (either Numeric or A+/-)
 - **Options:** Adjust the advanced options as desired

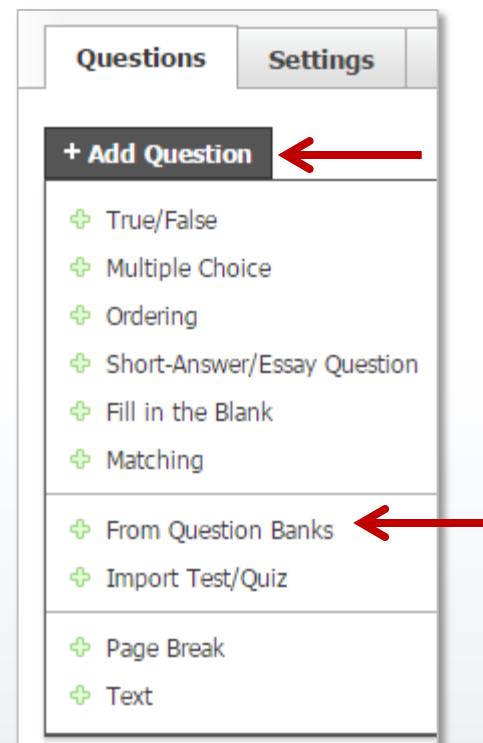


The screenshot shows the 'Create Test/Quiz' dialog box with the following fields and controls:

- Name:** A text input field with a red arrow pointing to it.
- Due date:** A date picker and a point value field (set to 100 pts) with a red arrow pointing to the point value field.
- Category:** A dropdown menu with a red arrow pointing to it.
- Scale:** A dropdown menu set to 'Numeric' with a red arrow pointing to it.
- Options:** A row of icons representing different grading options.
- Create/Cancel:** Two buttons at the bottom right, with a red arrow pointing to the 'Create' button.

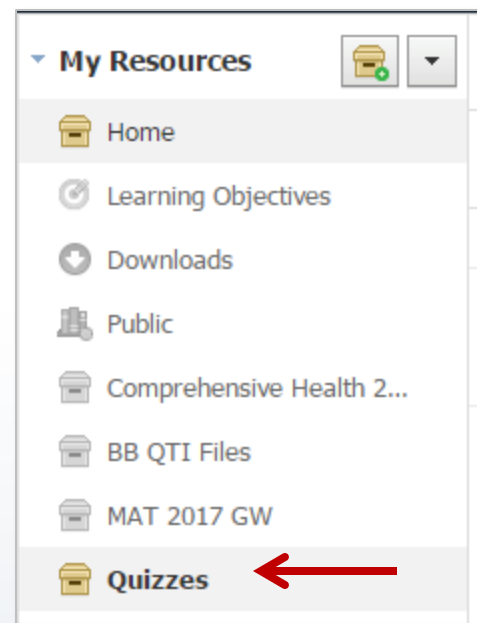
Add Assessments To Course

- Within the newly created assessment, select *Add Question*.
- Select *From Question Banks*.



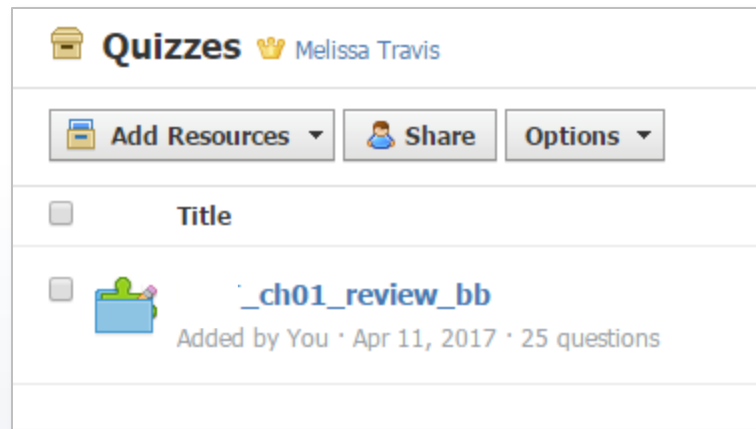
Add Assessments To Course

- Select *Individual Questions*
- Within *My Resources*, select the Collection/folder where you imported the assessments.



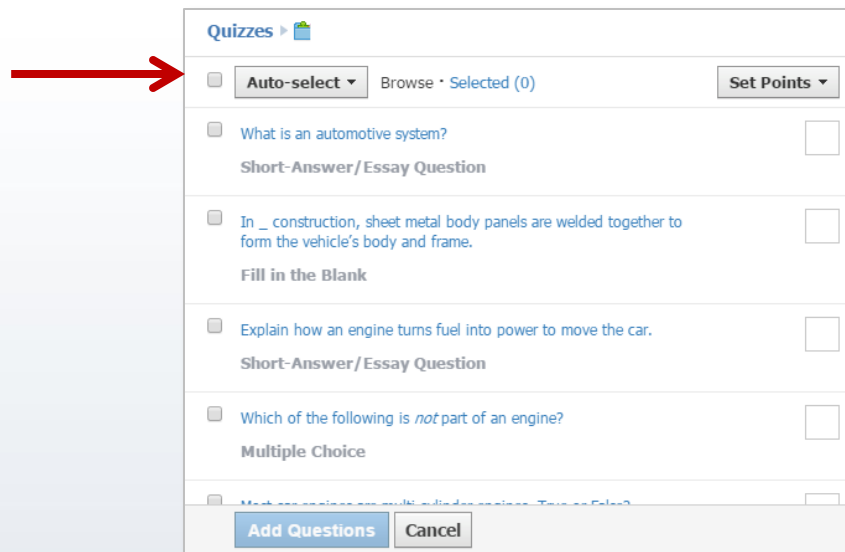
Add Assessments To Course

- Select the name of the desired quiz.



Add Assessments To Course

- Use the checkboxes to select the questions to add. Selecting the checkbox next to *Auto-select* will select all questions.

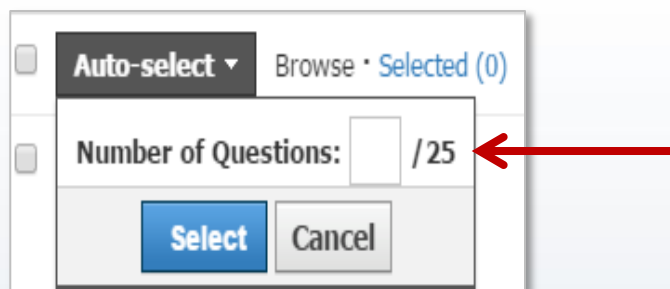


The screenshot shows a 'Quizzes' window with a list of questions. A red arrow points to the 'Auto-select' checkbox, which is the first item in the list. The list includes questions about automotive systems, sheet metal body panels, engine fuel, and engine parts. Each question has a checkbox to its left and a 'Set Points' dropdown to its right. At the bottom of the window are 'Add Questions' and 'Cancel' buttons.

Question	Selected	Set Points
<input type="checkbox"/> Auto-select	<input checked="" type="checkbox"/>	Browse - Selected (0)
<input type="checkbox"/> What is an automotive system? Short-Answer/Essay Question	<input type="checkbox"/>	
<input type="checkbox"/> In _ construction, sheet metal body panels are welded together to form the vehicle's body and frame. Fill in the Blank	<input type="checkbox"/>	
<input type="checkbox"/> Explain how an engine turns fuel into power to move the car. Short-Answer/Essay Question	<input type="checkbox"/>	
<input type="checkbox"/> Which of the following is <i>not</i> part of an engine? Multiple Choice	<input type="checkbox"/>	

Add Assessments To Course

- Alternatively, selecting the *Auto-Select* drop-down allows you to insert a number of randomly-selected questions.



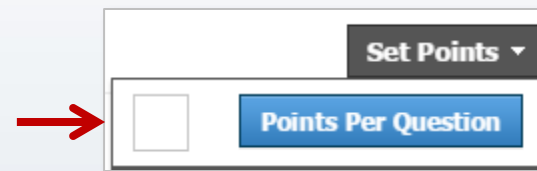
The screenshot shows a dialog box for selecting assessments. At the top, there is a tabbed interface with 'Auto-select' selected and 'Browse' and 'Selected (0)' as other options. Below the tabs, there is a label 'Number of Questions:' followed by a text input field and the text '/25'. A red arrow points to the input field. At the bottom of the dialog, there are two buttons: 'Select' and 'Cancel'.

Add Assessments To Course


- Assign/adjust point values for individual questions, if desired.



- Alternatively, selecting the *Set Points* drop-down allows you to assign the same point value for each question.



Add Assessments To Course

- Select *Add Questions*. 
- The questions are now displayed within the assessment.



Comprehensive Health: Section 1 ▶ Tests/Quizzes

Chapter 1 Submissions Disabled   

Questions Settings Preview Results Comments

+ Add Question Options ▾ 25 questions · 25 pts

1	What is an automotive system? Short-Answer/Essay Question - 1 point - Subjective - MAT_ch01_review_bb	
2	In _ construction, sheet metal body panels are welded together to form the vehicle's body and frame. Fill in the Blank - 1 point - MAT_ch01_review_bb	

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Comprehensive Health: Section 1

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- >  1.2 - Health and Wellness Knowledge
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- >  1.4 - Our Healthcare System
- >  1 - Understanding Your Health and Wellness
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