

Comprehensive

Health Skills

for High School

Fourth Edition

Catherine A. Sanderson, PhD

Professor of Psychology
Amherst College
Amherst, Massachusetts

Mark Zelman, PhD

Professor of Biology
Aurora University
Aurora, Illinois

Pedagogy Developers

Diane Farthing, NBCT

Health Educator
Pleasanton, California

Melanie Lynch, M.Ed.

Health Education Specialist
Pittsburgh, Pennsylvania

Melissa Munsell

Instructional Specialist
Physical Education and Health Department
San Antonio, Texas

Publisher

The Goodheart-Willcox Company, Inc.

Tinley Park, Illinois

www.g-w.com

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The Goodheart-Willcox Company, Inc.

Previously published as *Comprehensive Health, Comprehensive Health Skills*

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ISBN 978-1-63776-134-2

2 3 4 5 6 7 8 9 — 23 — 26 25 24 23 22

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About the Authors

Catherine A. Sanderson is the Poler Family Professor and Chair of Psychology at Amherst College. She received a bachelor's degree in psychology, with a specialization in Health and Development, from Stanford University, and received both master's and doctoral degrees in psychology from Princeton University. Professor Sanderson's research examines how personality and social variables influence health-related behaviors, such as safer sex and disordered eating. Her research also examines the development of persuasive messages and interventions to prevent unhealthy behavior and predictors of relationship satisfaction. This research has received grant funding from the National Science Foundation and the National Institutes of Health. Professor Sanderson has published more than 25 journal articles and book chapters; four college textbooks; high school and middle school health textbooks; and a trade book, *The Positive Shift*, which examines how mind-set influences happiness, health, and even how long people live. Her latest book, *Why We Act: Turning Bystanders into Moral Rebels*, examines why good people often stay silent or do nothing in the face of wrongdoing. In 2012, she was named one of the country's top 300 professors by the Princeton Review.



Mark Zelman is a Professor of Biology at Aurora University, Aurora, Illinois. He received a bachelor's degree in biology at Rockford College, with minors in chemistry and psychology. He received a PhD in microbiology and immunology at Loyola University of Chicago, where he studied the molecular and cellular mechanisms of autoimmune disease. During his postdoctoral research at the University of Chicago, he studied aspects of cell physiology pertaining to cell growth and cancer. Dr. Zelman supervises undergraduate research on streptococcal and staphylococcal infections, and mechanisms of antibiotic resistance. He teaches science education courses for high school teachers. He has published articles on microbiology, infectious disease, autoimmune disease, and biotechnology, and he has written two college texts on human diseases and infection control. Dr. Zelman works with the West Africa AIDS Foundation in Ghana and other public health projects in the US and abroad. He is an officer of the Illinois State Academy of Sciences and Editor-in-Chief of the Academy's scientific journal, *Transactions*.



Pedagogy Developers



Diane Farthing received her bachelor's degree and teaching credentials from Kent State University in Ohio and has been teaching health education for 38 years. In 2010, she became a National Board Certified Teacher. Diane's teaching career includes 16 years at a continuation high school and five years at the middle school level. Since 2004, she has been teaching health education and anatomy and physiology at Amador Valley High School in Pleasanton, California. She is a strong believer in the power of collaboration. She spent seven years as part of the Bay Area Physical Education-Health Subject Matter Project leadership team designing and delivering professional development institutes. In 2014, she took on the role of Health Program Director for the Health and Physical Education Collaborative (H-PEC), a nonprofit organization dedicated to helping teachers develop physical and health literacy in their students. Diane was a member of the CDE's Framework and Evaluation Criteria Committee and helped write the Health Education Curriculum Framework for California Public Schools. She is the 2019 California Association for Health, Physical Education, Recreation, and Dance (CAHPERD) Health Teacher of the Year and the 2020 Western District Teacher of the Year.



Melanie Lynch is an experienced teacher with more than 25 years in the classroom. She spent the first 21 years of her career specializing in teaching only health education. She now teaches health and physical education in Pittsburgh, Pennsylvania, at North Allegheny Intermediate High School. She has served as Vice President of Health Education for SHAPE Pennsylvania for five years and served as their President in 2016. Also in 2016, SHAPE America named Melanie the National Health Education Teacher of the Year. Melanie's love of working with students and her creative, skills-based lesson ideas have taken her all over the country, where she has spoken to thousands of teachers. Melanie is grateful to work, learn, and grow with so many amazing teachers.



Melissa Munsell has worked as an instructional specialist in the Physical Education and Health Department at North East Independent School District in San Antonio, Texas, and served as the K–12 Health Education Lead for the district. Melissa received a bachelor's degree in kinesiology from The University of Texas at Austin and is certified to teach Physical Education K–12 and Health Education 6–12, among other endorsements, in the state of Texas. She has 28 years of teaching and administrative experience, including six years teaching health education at the high school level. She has also served as vice president of the Health Division and General Division of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD) and presents workshops and lectures on various health topics locally and statewide.

Contributors and Reviewers

Contributors

Goodheart-Willcox Publisher would like to thank the following classroom instructors who contributed to the development of the *Warm-Up, Real World Health Skills, Health and Wellness Skills, and Hands-On Activities*.

Michael A. Cleffi, II

Health and Physical Education
Instructor
Bethlehem Area School District
Bethlehem, Pennsylvania

Hailie Moudy

Health and Physical Education
Instructor
Sierra Sands Unified School District
Ridgecrest, California

Kathryn Smith, MAT

Family and Consumer Sciences
Instructor
Issaquah High School
Issaquah, Washington

Advisory Board

Goodheart-Willcox Publisher would like to thank the following advisory board members who provided guidance in the development of *Comprehensive Health Skills for High School*.

Carolyn Cleaves

Health Instructor
Alisal High School
Salinas, California

Beth Kahn

Health Instructor
North Salinas High School
Salinas, California

Tracey Rudnick

Health Instructor
Bradley Middle School
San Antonio, Texas

Susan Gabin

Health Educator
Frontier High School
Bakersfield, California

Janelle Merry

Health and Physical Education
Instructor
North County Trade Technical
High School
Vista, California

Nancy Searle

Health Instructor
McCallum High School
Austin, Texas

Mary Irlilian

Health Instructor
Hart High School
Newhall, California

Hailie Moudy

Health and Physical Education
Instructor
Sierra Sands Unified
School District
Ridgecrest, California

Shasta Smith

Health Education Instructor
Sitka High School
Sitka, Alaska

Kellie A. Johnson

Assistant Athletic Coordinator,
Health Instructor
LEE High School
San Antonio, Texas

Delia Thibodeaux

Health Instructor
Westside High School
Houston, Texas

Goodheart-Willcox Publisher would also like to thank the members of the **2019 CAHPERD Convention Focus Group**, who shared feedback and insight that influenced the development of this book.

Professional Reviewers

Goodheart-Willcox Publisher would like to thank the following health professionals who reviewed selected chapters and contributed valuable input into the development of *Comprehensive Health Skills for High School*.

Kelsey Banaszynski

Food Scientist, Research & Innovation
Danone North America
Louisville, Colorado

Kathy Barnes, Ed.D.

Educational Consultant
Texas

Jennifer Carroll, MSW

Resource Development Manager
National Eating Disorders
Association (NEDA)
New York, New York

Maryann Y. Davis, CATC II

Addiction Counselor and Mental
Health Program Technician
The Gooden Center
Pasadena, California

Michael Dorcas

Registered Pharmacist
Apple Valley, Minnesota

Pam Garramone, M.Ed.

Positive Psychology
Keynote Speaker
Wholebeing Institute
Quincy, Massachusetts

Shawn V. Giammattei, PhD

Psychologist
Quest Family Therapy
Santa Rosa, California

Heidi Hanna, PhD

CEO, Stress Mastery Academy;
Fellow, American Institute of Stress
Stress Mastery Academy
San Diego, California

Deb Kimberlin, PhD, RDN, LDN

Associate Professor
Olivet Nazarene University
Bourbonnais, Illinois

Linnea L. Mavrides, PsyD, CGP

Clinical Psychologist, Adjunct
Professor
LIU-Post
Brookville, New York

Merle Wilder

High School Counselor
Belleville East High School
Belleville, Illinois

Instructor Reviewers

Goodheart-Willcox Publisher would like to thank the following health education instructors who reviewed selected chapters and contributed valuable input into the development of *Comprehensive Health Skills for High School*.

Lindsay Armbruster

Health Education Teacher
Burnt Hills-Ballston Lake Central
School District
Burnt Hills, New York

Trish Armstrong

Health Educator
Northampton High School
Northampton, Massachusetts

Michael Bargas

Health Education Instructor
Estancia High School
Costa Mesa, California

Kyle Bell

Health/Physical Education Instructor
Canyon High School
Anaheim Hills, California

Cheryl Berude

Dual Credit Instructor/
Health Science Pathway
Boerne-Champion High School
Boerne, Texas

Susie Blucher

Health Instructor
Tejeda Middle School
San Antonio, Texas

Andrew Bonsall

Health Science Instructor and
Physical Educator
Marina High School
Huntington Beach, California

Margaret Brown

Health Educator
Deerfield Academy
Deerfield, Massachusetts

Amanda Browning

Health and Physical Education Instructor
Weaver Academy, Guilford County
Schools
Greensboro, North Carolina

Dr. Graciela Lea Bryant

Health Educator
Huntsville High School
Huntsville, Alabama

Kim Cherre

Health/Physical Education
Department Chair
Cary Academy
Cary, North Carolina

Dominique Clarke

Physical Education Instructor
First Coast High School
Jacksonville, Florida

Bryan Cromer

Instructor, Coach
Panther Creek High School
Cary, North Carolina

Maureen T. Delaney

Assistant Principal
Bowie High School
Bowie, Maryland

Sara Fiorini

Health and Physical Education
Instructor
Arlington Public Schools
Arlington, Virginia

Susan Gabin

Health Educator
Frontier High School
Bakersfield, California

Dr. Stacy Germany

Health Science Educator
Westwood High School
Austin, Texas

Kyle Gilmer

Physical Education Upper School
Instructor
Greensboro Day School
Greensboro, North Carolina

Dr. Cara D. Grant

Supervisor, PreK–12 Health and
Physical Education
Montgomery County
Public Schools
Rockville, Maryland

Glenn Hagood

Health and Physical Education
Chair
St. John Paul II Catholic
High School
Huntsville, Alabama

Lori Hewlett

Chairperson for Health Education
Sachem Central School District
Lake Ronkonkoma, New York

Mary Irlilian

Health Instructor
Hart High School
Newhall, California

Kellie A. Johnson

Assistant Athletic Coordinator,
Health Instructor
LEE High School
San Antonio, Texas

Beth Kahn

Health Instructor
North Salinas High School
Salinas, California

Katie Laraway

Healthful Living Instructor
Raleigh Charter High School
Raleigh, North Carolina

Rachael McClure

Health Instructor
Pelham High School
Pelham, Alabama

Jolene Meza

Instructor
Cleveland Charter High School
Reseda, California

Hailie Moudy

Health and Physical Education Instructor
Sierra Sands Unified School District
Ridgecrest, California

Heather R. Perrigan

Professional Health Educator
Corvallis High School
Corvallis, Oregon

Mary Record

High School Health Instructor
Scarborough High School
Scarborough, Maine

Dr. Chuck Rhoades

Health Instructor
Portsmouth High School
Portsmouth, New Hampshire

Tracey Rudnick

Health Instructor
Bradley Middle School
San Antonio, Texas

Julia Russell

Health Instructor
South Tahoe High School
South Lake Tahoe, California

Nancy H. Searle

Health Instructor
McCallum High School
Austin, Texas

Bill Shandor

Director of Athletics/
Physical Education Instructor
Desert Academy
Santa Fe, New Mexico

Shasta Smith

Health Education Instructor
Sitka High School
Sitka, Alaska

Cynthia Smyser

Science and Health Instructor
University of Illinois Laboratory
High School
Urbana, Illinois

Leah Swedberg

Health Instructor
West Fargo High School
West Fargo, North Dakota

Lyle Takeshita

Health Instructor
Temple City High School
Temple City, California

Delia Thibodeaux

Health Instructor
Westside High School
Houston, Texas

James Tulley

Health Education Instructor
Scarsdale High School
Scarsdale, New York

Deb Van Klei

QCOMP Coordinator
Stillwater Area Public Schools
Stillwater, Minnesota

Julie Woodruff

Health Science Technology
Instructor
Champion High School
Boerne, Texas

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To the Student

We wrote this exciting textbook for high school health and wellness classes based on our experiences as professors of psychology (Catherine Sanderson) and biology (Mark Zelman), and as the accomplished authors of high school and college-level textbooks. Our backgrounds give us a deep well of knowledge of the most current scientific theory and research to draw from.

Perhaps the most valuable experience we had in preparing us to write this book is our roles as parents to a combined total of seven children, ages 15 through 29. After all, in writing this book, we both reflected frequently on our experiences as parents and our goal of ensuring that our own children maintain excellent physical, mental and emotional, and social health.

This book includes all of the standard topics found in high school health and wellness books—including self-talk, self-compassion, and self-care; body positivity, neutrality, and compassion; health effects of vaping; medication and drug abuse (including opioids); digital citizenship and personal digital footprint; how social media affects physical, mental and emotional, and social health; and healthy relationships. We wanted our book to give high school students the most current health information, presented in an engaging writing style so students would enjoy reading the book. We included a focus on practical health skills that young people can use to develop and promote positive health and wellness habits throughout their lives.

In this new edition, we include information about the COVID-19 pandemic, including the characteristics of a pandemic, controlling disease outbreaks, and disease prevention. We also discuss the influence of stress, such as experiencing a global pandemic, on health and strategies to promote physical and psychological well-being.

As the authors of high school and college-level textbooks, we felt confident in our research and writing abilities, but felt that the pedagogy was better left to health teachers. We would like to thank Diane Farthing, Melanie Lynch, and Melissa Munsell for developing the skills-based questions, activities, and resources that are a vital part of this course. We are delighted with the final product, and wish all readers of this book a lifetime of health.

