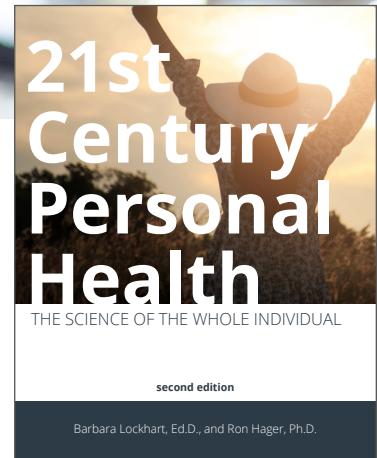
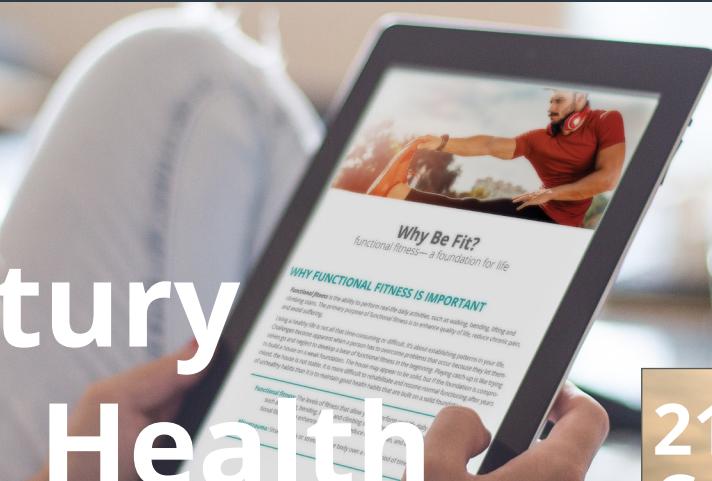


Learn Well. Live Well.

# 21st Century Personal Health

*21st Century Personal Health: The Science of the Whole Individual* is a web-based course with a broad focus on personal health education for the higher ed market. The course utilizes self-assessments, discussion assignments, and labs to create a personalized active learning experience.

*21st Century Personal Health* can support on-ground and online classes for thousands of students each semester.



THE SCIENCE OF THE WHOLE INDIVIDUAL

second edition

Barbara Lockhart, Ed.D., and Ron Hager, Ph.D.

## Why Instructors Love It:

### ACTIVE LEARNING

**Make learning easier.** Enable students to be more successful with our active learning approach to course and content design.

### SIMPLE SETUP

**Make teaching easier.** Pre-built modules can be used as-is or customized to align with course goals. Streamline course start-up with our course implementation specialists.

### EASE OF USE

**Maximize your time.** Manage multiple course sections easily. Auto-graded labs and self-assessments will reduce grading time, so you can increase teaching time.

### MULTIDIMENSIONAL APPROACH

**Student centered approach to health and well-being.** Teach students about how their overall well-being can be affected by other dimensions such as emotional, environmental, financial, among others.

### SUPPORT MATERIALS

**A library of content at your fingertips.** Additional content used and approved by professors across the country: PowerPoint presentations, quiz banks, interactive online chapters, self-assessments, discussions, reflections...etc.

### EDUCATIONAL DESIGN

**Have more content you want to implement?** We supply editorial and educational design support for new course materials. Focus on the content, we'll do the rest.

**"I get a lot of feedback after the course about how much fun the course was and how what they learned in the course applies to their lives now."**

- Marcia Rosiek, Instructor, Coastal Carolina University

# MODULES

## WHO AM I?

establish a healthy concept of self

## WHY DO I FEEL THIS WAY?

motivation for making healthy change

## AM I MANAGING STRESS?

making stress work for you effectively

## WHAT BRINGS ME JOY?

individual and family recreation

## AM I WHAT I EAT?

enjoy nutritious foods

## HOW DO I MEASURE RISK?

maintaining a healthy weight

## ARE MY RELATIONSHIPS HEALTHY?

healthy living within society

## HOW DO I STAY SEXUALLY HEALTHY?

promote your sexual health

## COULD I BE ADDICTED?

avoid addictive behaviors

## WHY DOES LIFESTYLE MATTER?

reduce risk to chronic disease

## HOW DO I DEFEND AGAINST INFECTIONS?

infectious diseases and your immune system

## HOW DO I MANAGE MY HEALTH CARE?

resources to help me be well

## HOW CAN I CONTRIBUTE?

live a healthy lifestyle within family, community, and the world



We help you create a **SUCCESSFUL** learning environment for both the **INSTRUCTOR** and the **STUDENTS**.

## Why Students Love It:

- > Engaging activities that can be applied to their real lives
- > Visual reminders make assignments, points, and due dates clear
- > Mobile and tablet responsive so that they can complete assignments from anywhere, anytime
- > Straightforward user interface that is designed to save time and effort to make learning easier
- > Help that is always a click away

**"This course was not, as I expected, an attempt to shame me into exercising, eating right, and (somehow) not being stressed, but a gentle attempt to equip me with the knowledge and tools I need to treat myself the way I deserve to be treated."**

- 2015-2016 Kennesaw State University Student

**Questions? Ready to take the first step?**

contact us at [learnmore@perceivant.com](mailto:learnmore@perceivant.com)

