



Image of Health 1st Ed.

Elizabeth Barrington; Judy Stamm

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Health knowledge without appropriate application and potential behavior change has little value. Image of Health by Elizabeth Barrington and Judy Stamm addresses that notion head-on. By moving beyond the traditional pedagogy, this text offers an engaging, interactive tool that not only empowers students to understand their health and related issues but motivates and inspires them to evoke change. It provides a comprehensive educational presentation across a broad range of topics, imparting a holistic view of health. Through its innovative presentation of the material and relation of the subject matter to everyday life, this application-based text engages students in active learning and encourages them to establish accountability and responsibility for their behaviors and the impact on their health. It focuses on issues relevant to college students and incorporates up-to-date research to ensure optimal student learning outcomes. The text and ancillaries are aligned with the Seven Principles for Good Practice in Undergraduate Education (Chickering and Ehrmann) and Robert Gagne's Nine Events of Instruction. This text is suitable both for an online course and/or classroom instruction.



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