



Health Education: Elementary and Middle School Applications

By Susan Telljohann, Cynthia Symons, Beth Pateman, Denise Seabert

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Health Education: Elementary and Middle School Applications is a state-of-the-art methods book that provides a broad introduction to successful school health programming to reduce health risks and promote school success. Now in its Seventh Edition, the text continues to emphasize the skills needed to teach health, while providing background information on key health topics. This practical approach prepares pre-service elementary and middle school teachers to provide quality health instruction. All the suggested teaching activities are aligned with the National Health Education Standards and include sample assessment strategies.

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Editorial Review

About the Author

Beth Pateman is Interim Associate Dean for Academic Affairs and Professor of Health Education in the Institute for Teacher Education, College of Education, University of Hawaii at Manoa (UHM). She received her H.S.D. and M.P.H. from Indiana University, with emphases in school and college health and public health education. Dr. Pateman has taught health education in grades K-8 and at the university level. Before coming to Hawaii, Dr. Pateman worked with the Division of Adolescent and School Health, Centers for Disease Control and Prevention, where she served as the CDC Project Officer for the first School Health Policies and Programs Study (SHPPS) in 1994. Dr. Pateman also taught in the School of Public Health, Emory University, and in the Department of Health Science Education, University of Florida. She received the Distinguished Service Award from the American School Health Association in 2000.

Cynthia Symons is a Professor of Health Education in the Department of Adult Counseling, Health, and Vocational Education at Kent State University. She received her D.Ed. and M.Ed. in Health Education from The Pennsylvania State University and earned her undergraduate degree from Lock Haven University, also in Pennsylvania. She has a Permanent Teaching Certificate in health and physical education in the Commonwealth of Pennsylvania (Grades K-12) and is a Certified Health Education Specialist. Dr. Symons received the Distinguished Service Award from the American School Health Association in 1994, and served as the President of that professional association in 2001-2002. She has received the Distinguished Teaching Award from Kent State University, and was recognized by the Commonwealth of Kentucky as an official "Kentucky Colonel" for collaborative health promotion initiatives on behalf of children and youth. Dr. Symons has taught health and physical education at grades 7-12, and returned to the ranks of public school teaching (grades K-3 health education) during a sabbatical leave from her current position at Kent State University. In addition to publishing in refereed journals, and presenting at numerous state and national meetings, she collaborated in the development of "Children's Literature for Health Awareness" a resource text published by Scarecrow Press.

Susan K. Telljohann, HSD, CHES, is a Professor of Health Education at The University of Toledo. She received her doctoral degree in health sciences from Indiana University with an emphasis on school and college health education. Her experience in health education spans over 25 years, including health instruction from the junior high to the university level. She has done research and published over 60 articles on health education in professional journals, presented over 50 papers at professional conferences, and is the co-author of the HealthSmart K-12 curriculum and Teach and Reach health series published by ETR Associates. She served as the President of the American School Health Association from 2000-2001, was the Contributing Editor for the Teaching Ideas Column in the American Journal of Health Education, and has served on many professional health education committee throughout her professional career. She served on the Board of Directors for the American Association of Health Education and is on the National Health Education Standards Revision Committee. She is the recipient of several honors and awards, including the Distinguished Service Award from both the American School Health Association and the American Association of Health Education, The Howe Award from the American School Health Association, The University of Toledo Outstanding Teacher Award, the Phi Delta Kappa Educator of the Year Award, the Patty Outstanding Alumni Award from Indiana University, and the Ohio Health, Physical Education, Recreation, and Dance Outstanding Young Professional Award.

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