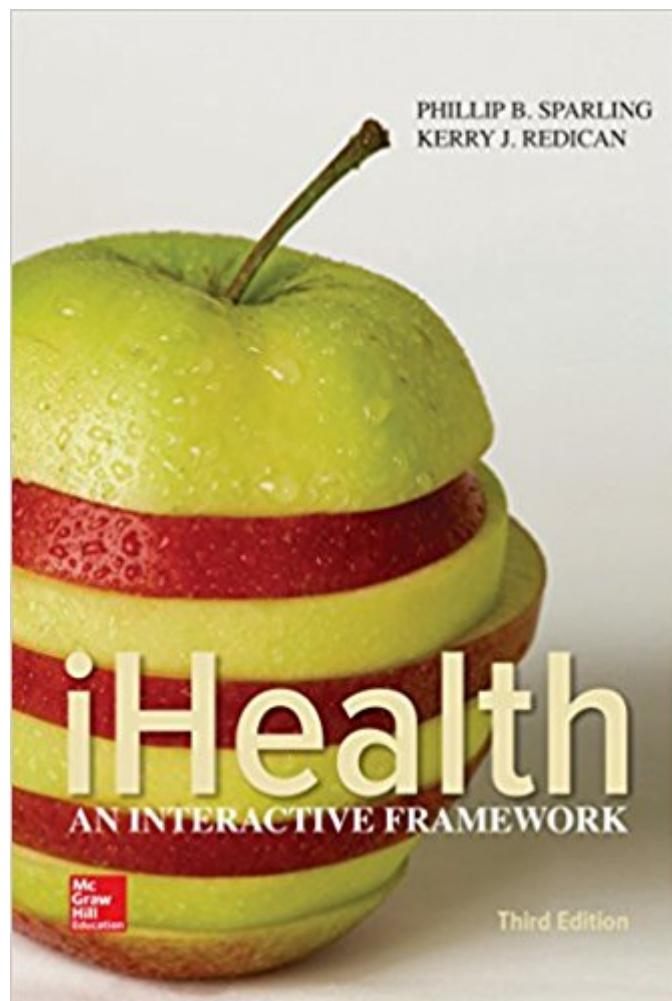


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# iHealth



## Synopsis

iHealth is an integrated print-digital learning system designed to meet the needs of today's students and instructors. The Connect course includes a SmartBook adaptive reading and study experience which guides students to master, recall, and apply key concepts while providing automatically-graded assessments. The 3rd edition provides the most up-to-date information regarding the Dietary Guidelines for Americans and the Affordable Care Act. Also provided are updated assignable articles from magazines and journals to supplement the print component, which are now easier than ever for instructors to assign and grade. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

- SmartBook® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content.
- Access to your instructor's homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course.
- Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.
- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping.

Complete system requirements to use Connect can be found here: <http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

## Book Information

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## Customer Reviews

Phillip B. Sparling is a Professor of Applied Physiology and Health Behavior in the College of Sciences at Georgia Institute of Technology (Georgia Tech). He received his undergraduate degree from Duke University and masters and doctorate from the University of Georgia. In addition to being a teacher and researcher at Georgia Tech for three decades, he has been a Fulbright Scholar at the University of Cape Town Medical School in South Africa, a Senior Scientist at the Centers for Disease Control and Prevention (CDC) in Atlanta, and a Visiting Research Professor in the School of Population Health at the University of Queensland in Australia. He has published some 70 peer-reviewed articles in scientific and medical journals. Dr. Sparling is a Fellow of the AAHPERD Research Consortium, American College of Sports Medicine, National Academy of Kinesiology, and the Society of Behavioral Medicine. His current work focuses on real-world projects that enable individuals and communities to change lifestyle behaviors to prevent and control chronic diseases. Kerry J. Redican is a Professor of Health Education and Health Promotion in the College of Liberal Arts and Human Sciences at Virginia Tech. His education includes a bachelors degree from California State University at Long Beach, M.S. in health education from the UCLA School of Public Health, Ph.D. from the University of Illinois at Champaign-Urbana, and MPH in health administration from the University of North Carolina at Chapel Hill. As a faculty member at Virginia Tech for over two decades, he has been actively involved in development, implementation, and evaluation of health education programs in schools and communities. He is a co-author of four textbooks and has over 60 publications in health journals. Dr. Redican is a Fellow of the American School Health Association and has served on the Board of Directors of the American Association for Health Education and as President of the Virginia Association for Health, Physical Education, Recreation, and Dance.

A bit dated as far as the information, but it was a requirement for my son's course so we had to rent it. Just don't take the information too seriously and you'll be fine. If you're after current info, this isn't the book for you.

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