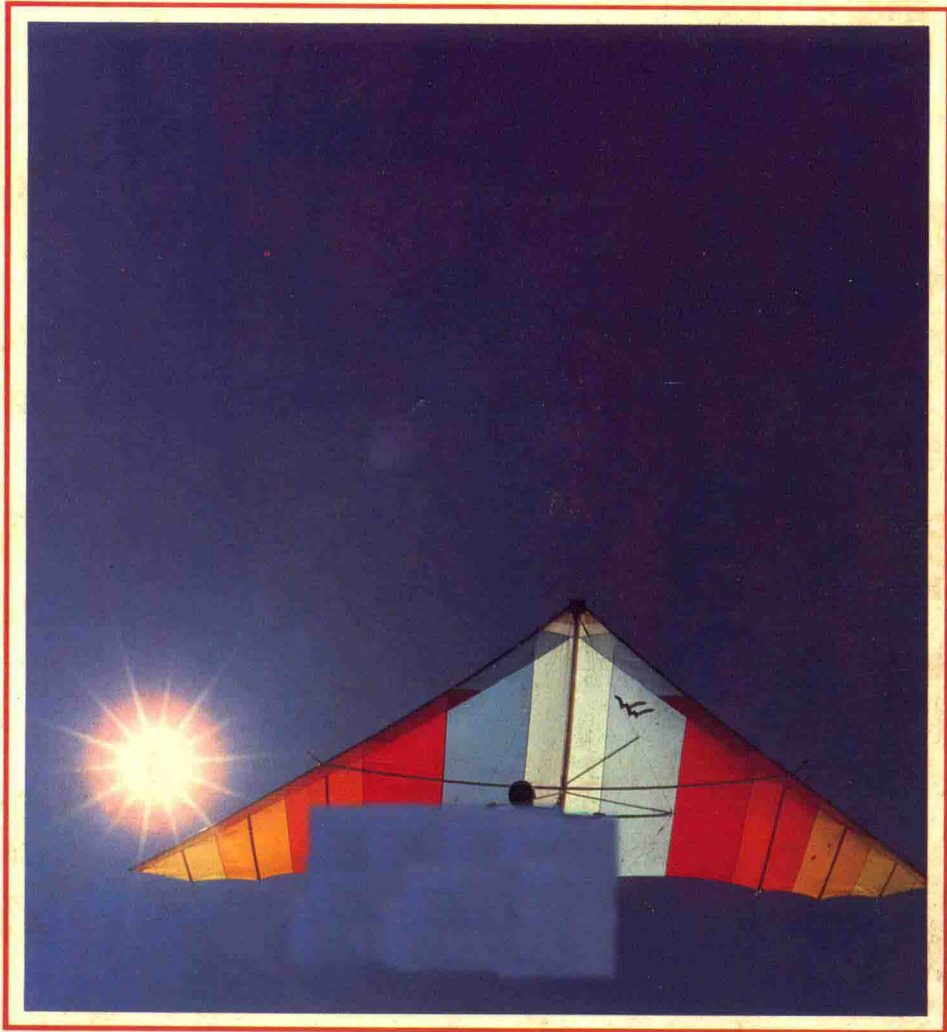


UNDERSTANDING YOUR HEALTH

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PAYNE ■ HAHN

UNDERSTANDING YOUR HEALTH

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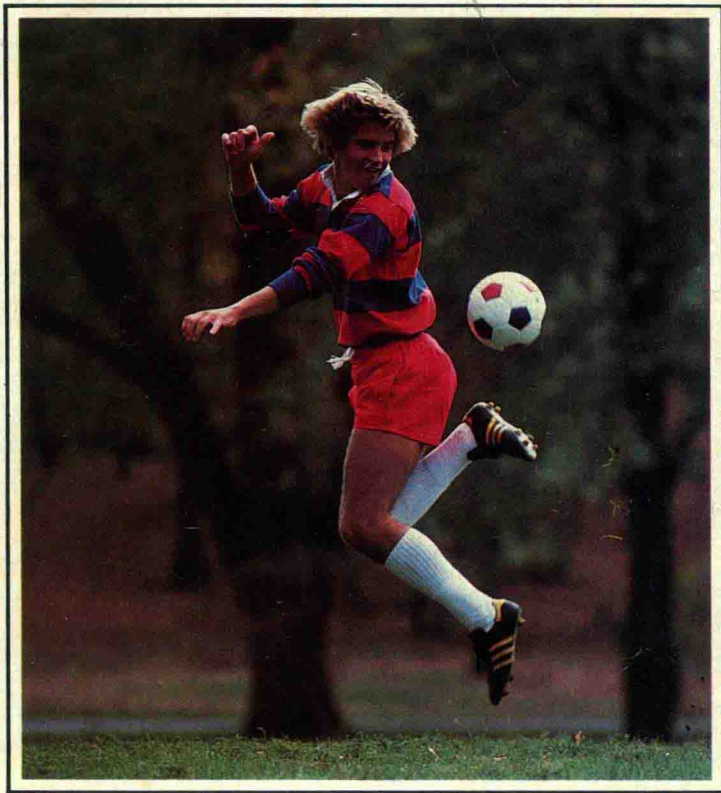
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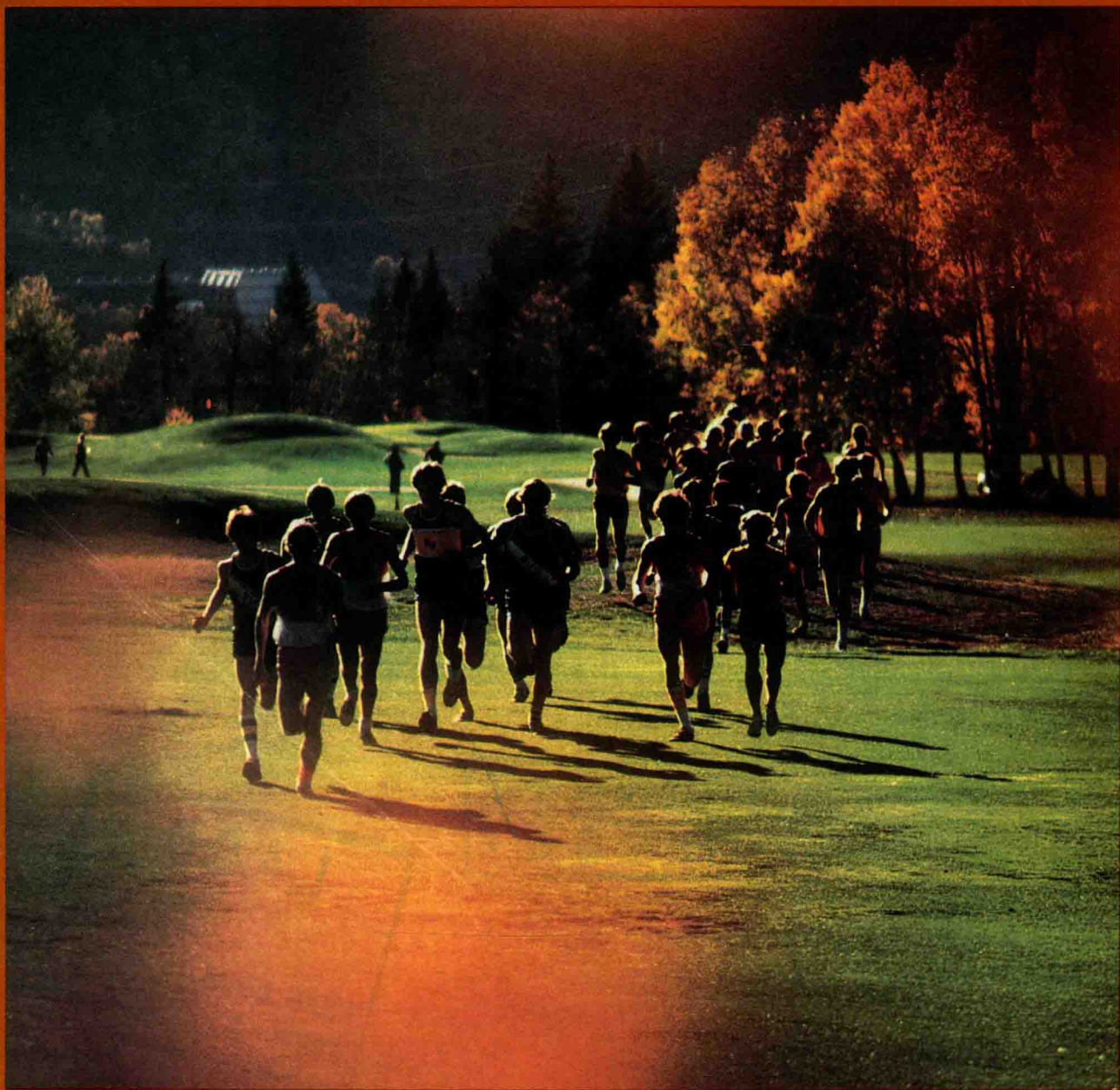
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To Our Wives
Ruth and Ellen



And Our Children
Andrew and Ellen
Leslie and Laura

PREFACE



We enjoy teaching students in our personal health classes—so much so that we teach nearly 1000 students each academic year. For some time we have been searching for a health text that would carry our students beyond standard health information, healthful suggestions, and personal inventories. Although we could find books that met some of our needs, none of these books gave us the consistent focus that made it valuable beyond the information it contained. We decided to write this text to fill this void.

We framed *Understanding Your Health* around two independent but related focuses. This book discusses each chapter's content in terms of the *multiple dimensions of health*. Thus each chapter relates the information to the physical, emotional, social, intellectual, and spiritual dimensions of a student's health. Our second focus is also unique. *Understanding Your Health* clearly and consistently reminds college students that their health allows them to achieve personally satisfying lives by helping them to master the *developmental tasks of young adulthood*. This text helps students understand that health will help them in:

- Forming an initial adult self-identity
- Assuming increasing levels of responsibility
- Establishing a sense of relative independence
- Developing the skills for social interaction

UNIQUE FEATURES

Understanding Your Health reflects our commitment to writing a text that provides a refreshingly different perspective to the study of personal health. As our reviewers have indicated, this perspective is academically sound and will prove to be personally meaningful to the students.

Consistency. The two focuses that make this book unique are apparent in every chapter. Each chapter begins with a discussion of the overall topic's relationship to the multiple dimensions of health. Each chapter ends with a discussion of the relationship between its content and two of the developmental tasks most relevant to the subject matter. Unlike other health books, we provide these two threads consistently throughout the book—not just in one or two chapters.

Student Audience. This text is intended for traditional-age college students and older, nontraditional-age students. We have not ignored the increasing numbers of nontraditional students who have decided to pursue a college education. Frequent discussion points concern the lives of these nontraditional students.

Documentation. This book features the most current health-related informa-

tion and most pressing concerns related to personal health. This book is accurately documented with numerous references to journals, scholarly books, and health agency materials.

Authorship. One principal feature of this text is that it is written entirely by the authors—both of whom regularly teach the course. No chapters or sections have been written by colleagues, ghostwriters, or editorial assistants. This ensures the highest level of content integration and consistency of writing style.

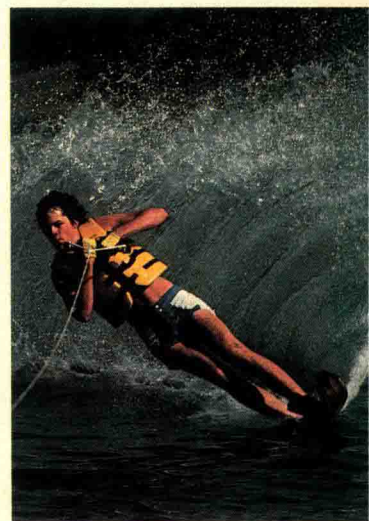
Organization

This book has been organized into seven major units that follow a sequence that seems appropriate for most personal health courses. However, instructors can easily rearrange the order of the units or chapters to fit their personal needs. Each chapter can “stand alone” in terms of the order of presentation.

We encourage instructors and students to start with Chapter 1. “Health: Support for Your Future” introduces students to the two principal threads *Understanding Your Health* uses in all of its chapters: the multiple dimensions of health and the developmental tasks of young adulthood. Written clearly and concisely, Chapter 1 establishes the tone and framework for the rest of the book.

As you read through the table of contents, you will see that all of the topics appropriate to a college personal health course are addressed. In addition, you will discover that Chapter 3 (“Achieving Emotional Maturity and Spiritual Growth: Keys to Your Mental Health”) is unique. This is a mental health chapter that does not focus on pathology but rather on a process that students can use to help them to enhance their emotional maturity, responsibility, independence, and happiness. One section in Chapter 3 on spiritual growth is unique because it expands on the concept of faith—not in its religious application, but rather in the growth of beliefs that are important to the young adult.

The remaining chapter titles in *Understanding Your Health* will certainly seem familiar. However, within each chapter’s content, the underlying strengths of this book emerge. Reviewers of the manuscript report that this book stands apart from other personal health books because it is skillfully written in a manner that conveys accuracy, sensitivity, and scholarship. It is challenging without being overwhelming to students. Technical, complex issues and concepts are presented in a clear, undistorted manner. We have made a concerted effort to elevate the consciousness of the students about the value of their health and how they must assume a personal responsibility for improving and maintaining it.



Here are some of the specific chapters where our coverage is distinct and was especially embraced by the reviewers:

Chapter 4—“Physical Fitness: Enhancing Work, Study, and Play.” This chapter presents current findings in the field of exercise physiology to provide a basis for constructing your own cardiovascular fitness program. A special section concerning college students’ attitudes toward fitness makes this chapter especially pertinent to today’s students. One section entitled “Fitness: Questions and Answers” deals with such current topics as commercial fitness clubs and spas, fitness equipment, muscle fiber types, steroid use, bodybuilding, and sleep.

Chapter 7—“Alcohol: More Than a Beverage.” Although most health texts cover certain alcohol-related topics (especially the physical effects of alcohol and alcoholism), this chapter expands further to include sensitive, nonjudgmental coverage concerning responsible drinking patterns, responsible party hosting, first aid for acute alcohol intoxication, decisions concerning alcohol use or abstinence, alcohol-related organizations, and fetal alcohol syndrome. Throughout this chapter we encourage students who use alcohol to do so in a judicious manner that best reflects both their independence and growing maturity.

Chapter 9—“Tobacco Use: A Losing Choice.” In comparison to chapters on tobacco use found among other personal health textbooks, Chapter 9 is felt to be outstanding by reviewers. The chapter’s central theme, that little of value can be derived through smoking, is supported by in-depth discussion and the most current documentation. Information pertaining to dependency formation, smokeless tobacco use, and constructive interchange between smokers and non-smokers highlights this chapter.

Chapter 13—“Sexuality: Origins of the Person.” In this first of four chapters concerning sexuality, Chapter 13 effectively blends both the biological and psychosocial factors that contribute to the complex expression of our sexuality. The sensitive discussions of the concept of androgyny, the expanded definitions of sexuality, and the inclusion of variant sexual behaviors make this chapter unique when compared to other personal health texts on the market.

Chapter 19—“The Maturing Adult: Growing Old in America.” Based on the most current theories of aging, this chapter treats the aging process with dignity and a great sense of optimism. From a variety of perspectives, we carefully examine two age groups: midlife adults and elderly adults. Perhaps for students the most intriguing and unique aspect of this chapter is the discussion of midlife adulthood. Students are asked to look closely at their own midlife parents or relatives to see how well they are mastering their own two key developmental tasks of midlife. This chapter helps prepare students for the probability of someday becoming “parents to their own parents.”

Features That Enhance Student Learning

Understanding Your Health uses a variety of learning aids that will enhance student understanding:






Key Concepts. Each chapter opens with 5 to 7 key concepts. The listing of these concepts will assist and direct the student’s reading and comprehension of the chapter’s most important topics.

Marginal Glossary. Key terms important to the student’s understanding and application of the material are placed in boldface type and defined in the margin.

Other significant terms in the text are placed in italics for added emphasis. Both approaches facilitate student vocabulary comprehension.

Comprehensive Glossary. At the end of the text, all terms defined in the margin, as well as pertinent italicized terms, are merged into a comprehensive glossary. This glossary greatly improves the overall use and study of the text.

Use of Logos. The integration of the five dimensions of health are reinforced and easily identified throughout the text by the following logos:

-  Physical
-  Emotional
-  Social
-  Intellectual
-  Spiritual

In addition, the developmental tasks are designated by a small logo preceding each discussion for easy identification.

Personal Assessment Inventories. Each chapter contains a personal assessment inventory, starting with a comprehensive 64-item inventory (“Evaluating Your Health: A Personal Profile”) in Chapter 1. These inventories serve two important functions: they capture the attention of the student and they serve as a basis for introspection and behavior change. These assessments are presented in a variety of formats. We developed most of these assessments ourselves. Thus they apply directly to the chapter content and have stood the test of time in our own classes. Examples of these assessments are:

Chapter 3 (Mental Health) “How Creative Are You?”

Chapter 5 (Nutrition) “Five-Day Diet Study”

Chapter 8 (Drug Use) “Nonchemical High Challenge”

Chapter 10 (Cardiovascular Disease) “How Aware Are You of Hypertension?”

Chapter 14 (Sexuality–Partnership) “How Compatible Are You?”

Chapter 17 (Consumerism) “Health Consumer Skills”

Chapter 20 (Dying and Death) “Planning Your Funeral”

Boxed Material. In each chapter special material in boxes encourages the student to delve into a particular topic or to examine an important health issue.

Chapter Summaries. To help the student pull the chapter material together, each chapter concludes with a summary of the key ideas and their significance or application. The student can then return to any part of the chapter for repeated study or clarification as needed.

Review Questions. To help the student check for overall understanding, questions are given after each chapter for review and analysis of the material presented.

Questions for Personal Contemplation. To encourage students to apply a chapter’s content to their own attitudes or life situation, questions with a philosophical bent are given after each chapter. These questions promote student thinking to a degree beyond mere factual integration.

Documentation. We believe that it is critical for both instructors and students to be convinced that the material presented in a textbook is scientifically accurate, fully documented, and as current as possible. *Understanding Your Health* provides this kind of solid documentation with information fully referenced at the end of each chapter.

Annotated Readings. Since some students desire further reading in a particular

area of interest or research, we provide an annotated reading list at the end of each chapter. This list comprises current books that can be readily obtained in bookstores or public libraries. Textbooks, journal articles, and research reports are not included in this list because of the difficulty often associated with obtaining these materials.

Illustrations and Use of Color. The liberal use of full-color photographs and illustrations enhances the visual appeal and excitement of the text and will help students better understand important concepts and applications.

Appendixes. *Understanding Your Health* includes three appendixes that are valuable resources for the student:

Commonly Used Over-the-Counter Products. Popular categories of over-the-counter drugs are discussed in detail, with recommendations for the consumer of these products.

First Aid and Personal Safety. This appendix outlines practical safety recommendations in four key areas: General First Aid, Personal Safety (including help for victims of rape), Residential Safety, and Recreational Safety.

A Look at Canadian Health. Statistical information pertinent to the health of Canadian citizens is presented. These statistics, supplied by the Canadian government, include information about such topics as accidents, marriage and divorce rates, cardiovascular disease, and cancer rates.

Ancillaries

An extensive ancillary package is available free to adopters to enhance the teaching-learning process. *We, as well as the publisher, have made a conscious effort to produce supplements that are extraordinary in utility and quality.* This package has been carefully planned and developed to assist instructors in using and deriving the greatest benefit from the text. To that end you will find several unique features within them, and a quality in their use that enhances use of this book. Each of these ancillaries has been thoroughly reviewed by several personal health instructors and we have subsequently refined them to ensure clarity, accuracy, and a strong correlation to the text. We encourage instructors to examine them carefully. Beyond the following brief descriptions, additional information on these helpful packages may be obtained from the publisher.

Instructor's Manual and Test Bank. One of the unique and most useful features of the supplementary materials for *Understanding Your Health* is the inclusion of *conversion notes* in the instructor's manual. At the beginning of each chapter, we describe how the content and focus in *Understanding Your Health* differs from similar chapters or coverage in other popular personal health textbooks. These conversion notes are intended to make the transition to *Understanding Your Health* as convenient and pedagogically sound as possible.

The instructional portion of the manual was prepared by Susan Cross Lipnickey, Ph.D., of Miami University of Ohio. This valuable tool features *chapter overviews*, *learning objectives*, *suggested lecture outlines* with recommended notes and activities for teaching each chapter, *personal assessments*, *issues in the news*, *individual activities*, *community activities*, suggestions for *guest lectures*, current media resources including software, and full-page *transparency masters* of helpful illustrations and charts. The manual is perforated and three-hole punched for convenience.

Additionally, we have prepared an extensive Test Bank, which contains over 2000 multiple choice, true-false, matching, and essay test questions. All test items have been thoroughly checked for accuracy, clarity, and range of difficulty by several instructors who also served as reviewers of the text.

Computerized Test Bank (Questbank). This supplementary package provides over 1700 test items from the Instructor's Manual on a floppy disk, for the IBM-PC, Apple II+, Apple IIe, Apple IIc, and compatibles. Additionally, test questions can be added and edited, and the shuffle option allows easy rearrangement of test items. Questbank is free to adopters.

Overhead Transparency Acetates. Fifty of the most important illustrations, diagrams, tables, and charts are available as acetate transparencies. Attractively designed in a two-color format, these useful tools facilitate learning and classroom discussion, and were chosen specifically to help explain difficult concepts. This package is also available to adopters of the text.

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WAYNE A. PAYNE

DALE B. HAHN

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