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Study Guide Health Basics Donatelle

Dr. John Beliard

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Delivery Methods & Knowledge Retention on Teacher Wellness Dr. John Beliard,2016-08-08 A significant body of research indicates teachers are suffering from stress which leads to a variety of physical ailments drinking and high turnover rate This research assessed a comprehensive educational intervention wellness program aimed at increasing teachers knowledge of health and wellness This research implemented an instructional intervention wellness program to increase teachers knowledge of health and wellness delivered in web based and face to face formats The delivery formats were compared to determine which one was more effective in improving wellness knowledge retention for grades K 5 educators Fifty teachers completed the wellness intervention A paired sample t test and factorial MANOVA was used to determine differences in increased knowledge The results of paired samples t tests for both the web based and the face to face participants were statistically significant The results of the factorial MANOVA were not significant suggesting a need for further research

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Health Rebecca J. Donatelle,2001 Health The Basics emphasizes the essential health information necessary to develop a comprehensive understanding of health promotion and disease prevention from a behavioral management perspective This edition of Health The Basics includes a major update of all pertinent information while retaining strong and timely features that makes it one of the most contemporary books for the 21st century For the fourth edition Health The Basics takes a bold new step by examining the confusing and rapidly growing world of complementary and alternative medical practices CAMs and attempts to provide some clear direction and answers for the health consumer Basics maintains its thorough examination

of health care in America and continues to examine health care issues on the cutting edge

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Instructor's Manual for Sizer and

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