



Teaching Today's Health

By David J. Anspaugh, Gene Ezell

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This book is a comprehensive overview of health and wellness, with strategies for teaching health education in the elementary and middle schools. The strategies offer a multitude of value clarification activities, dramatizations, decision stories, experiments and demonstrations, puzzles, games, and bulletin board suggestions. The theme of establishing lifelong knowledge and positive practices is woven throughout the text.

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Editorial Review

About the Author

David J. Anspaugh is a Professor Emeritus at the University of Memphis. He has extensive experience serving for various organizations, such as American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) and various regional branches of the organization. Recently, Anspaugh has served as president of the Indiana Association for Health, Physical Education, Recreation and Dance (IAHPERD). He is currently the President-Elect of Midwest District AAHPERD. In 2007 he was selected by the American Association for Health Education as the University Health Educator of the year. He has published several dozen books and journal articles and has won five distinguished teaching awards.

Gene Ezell is a Professor of Health Education at the University of Tennessee in Chattanooga, Tennessee. He also serves as the Departmental Health Education Curriculum Coordinator and is responsible for evaluating revisions to the undergraduate and graduate health education course offerings. He is an active member of AAHPERD and the Tennessee AHPERD. He has written, cowritten, and reviewed several books and journal articles in the field of health education. Ezell is the recipient of several awards, including the United States' College Health Educator of the Year award (1995).

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