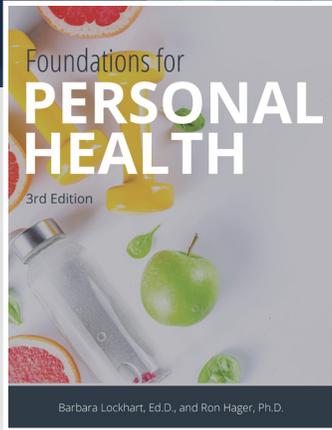# PROFICIENCEE

Modern, adaptable digital courseware, built for every stage of learning.

Foundations for PERSONAL HEALTH
3rd Edition

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FOUNDATIONS FOR PERSONAL HEALTH
3rd Edition

Foundations for Personal Health: is a web-based course with a broad focus on personal health education for the higher ed market. The course utilizes self-assessments, discussion assignments, and labs to create a personalized active learning experience.

Foundations for Personal Health can support on-ground and online classes for thousands of students each semester.

PLATFORM BENEFITS

Proficiencee replaces static textbooks with **interactive, analytics-enabled courseware** that adapts to today's classrooms.

Each course is built to reduce instructor workload, enhance student engagement, and provide administrators with meaningful insights—all while fitting seamlessly into your LMS.

▸ **Seamless LMS integration** with single sign-on

▸ **Flexible, customizable** modules and activities

▸ **Accessible, responsive design** for every learner

▸ **Dedicated support** for both instructors and students

Who am I? establish a healthy concept of self

Why do I feel this way? motivation for making healthy change

Am I managing stress? making stress work for you effectively

What brings me joy? individual and family recreation

Am I what I eat? enjoy nutritious foods

How do I measure risk? maintaining a healthy weight

Are my relationships healthy? healthy living within society

How do I stay sexually healthy? promote your sexual health

Could I be addicted? avoid addictive behaviors

Why does lifestyle matter? reduce risk to chronic disease

How do I defend against infections? infectious diseases and your immune system

How do I manage my health care? resources to help me be well

How can I contribute? live a healthy lifestyle within family, community, and the world

INCLUDED ESSENTIALS

Every Proficiencee course is designed with tools that make teaching more effective and learning more engaging:

Integrated Assessments
Built-in quizzes and checkpoints that give students instant feedback while helping you track progress

Instructor Dashboard
Clear, real-time insights to spot at-risk learners early and guide them toward success.

Customizable Modules
Flexible content you can adapt to fit your syllabus and teaching style.

Lecture Slides & Notes
Professionally designed, ready-to-use resources that save preparation time.

Assignments & Activities
Group work, projects, and discussions that build deeper understanding

FOR **INSTRUCTORS**

- ▶ **Active Learning, Made Practical:** Evidence-based strategies that help you foster student success.

- ▶ **Ready to Teach:** Pre-built modules that you can use as-is or customize to fit your course.

- ▶ **Efficiency Where It Counts:** Automated grading and simple section management save valuable time.

- ▶ **Real-Time Visibility:** Intuitive dashboards highlight student progress and identify those who may need extra support.

- ▶ **A Full Teaching Toolkit:** Access presentations, quiz banks, and interactive chapters in one place.

FOR **LEARNERS**

- ▶ **Engaging by Design:** Interactive, straightforward activities that keep students involved.

- ▶ **Transparent Guidance:** Clear deadlines, grading points, and reminders to help learners stay on track.

- ▶ **Support Built In:** Help is always available, right when students need it.

TAKE THE NEXT STEP

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