

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



FOUNDATIONS FOR A HEALTHY LIFESTYLE 3rd Edition

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Foundations for a Healthy Lifestyle is a web-based, comprehensive personal health and wellness course for the higher ed market. The course utilizes self-assessments, discussion assignments, and labs to create a personalized active learning experience and to apply the science of well-being to students' lives.

Foundations for a Healthy Lifestyle can support on-ground and online classes for thousands of students each semester.

PLATFORM BENEFITS

Proficiencyce 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



COURSE OVERVIEW

Who am I? establish a healthy concept of self

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

Why be fit? functional fitness— a foundation for life

Where do I “fit”? cardiorespiratory fitness

Why should I stretch? improving flexibility

What are my strengths? muscle endurance and strength

Am I what I eat? enjoy nutritious foods

How do I measure risk? maintaining a healthy weight

Am I managing stress? making stress work for you effectively

How does the brain work? understanding mental 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 stay sexually healthy? promote your sexual health

Are my relationships healthy? healthy living within society

What brings me joy? individual and family recreation

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 Proficiency 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

COURSE OVERVIEW



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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