



## iHealth

*By Phillip Sparling, Kerry Redican*

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iHealth is an integrated print-digital learning system designed to meet the needs of today's students and instructors. It has two components: a Brief text, and an online system that is integrated completely with Blackboard. The brief text provides a framework for teaching key health concepts, and the online component allows for easy, automatically-graded assessment, and simple course management. We offer over 80 assignable articles from magazines and journals to supplement the print component that you can assign online, allowing you to choose which topics and themes you would like to emphasize and giving you the freedom to make the course your own.

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## **iHealth By Phillip Sparling, Kerry Redican Bibliography**

- Sales Rank: #97809 in Books
- Published on: 2012-01-13
- Ingredients: Example Ingredients
- Original language: English
- Dimensions: .80" h x 5.50" w x 8.50" l, 1.25 pounds
- Binding: Paperback
- 560 pages

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## **Editorial Review**

### **About the Author**

Phillip B. Sparling is a Professor of Applied Physiology and Health Behavior in the College of Sciences at Georgia Tech. He received his undergraduate degree from Duke University and masters and doctorate from the University of Georgia. In addition to being a teacher and researcher at Georgia Tech for three decades, he has been a Fulbright Scholar at the University of Cape Town Medical School in South Africa, a Visiting Research Professor in the School of Health Sciences at Deakin University in Australia, and a Senior Scientist at the Centers for Disease Control and Prevention (CDC) in Atlanta. He has published some 70 peer-reviewed articles in scientific and medical journals. Dr. Sparling is a Fellow of the AAHPERD Research Consortium, American College of Sports Medicine, and American Academy of Kinesiology and Physical Education. His current work focuses on real-world projects that enable individuals and communities to change lifestyle behaviors to prevent and control chronic diseases.

Kerry J. Redican is a Professor of Health Education and Health Promotion in the College of Liberal Arts and Human Sciences at Virginia Tech. His education includes a bachelors degree from California State University at Long Beach, M.S. in health education from the UCLA School of Public Health, Ph.D. from the University of Illinois at Champaign-Urbana, and MPH in health administration from the University of North Carolina at Chapel Hill. As a faculty member at Virginia Tech for over two decades, he has been actively involved in development, implementation, and evaluation of health education programs in schools and communities. He is a co-author of four textbooks and has over 60 publications in health journals. Dr. Redican is a Fellow of the American School Health Association and has served on the Board of Directors of the American Association for Health Education and as President of the Virginia Association for Health, Physical Education, Recreation, and Dance.

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