



WEST HARPETH CHRISTIAN TUTORIAL

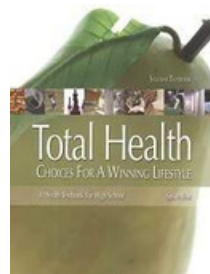
High School Health & Wellness

Tutor:

Lauren Massey
dmmassey@comcast.net

Prerequisites:

- This class is open to 9th - 12th grade students



Course Description

This highly interactive class covers a broad overview of body systems, nutrition, fitness, disease, drug and alcohol abuse, mental health, emotional health, and spiritual health.

Ultimately, students are challenged to learn how to take care of their physical and mental health so they are prepared for what the Lord calls them to do with their lives.

Books & Supplies

- ***Total Health Choices For A Winning Lifestyle***
ISBN - 1583312269
- 3-ring binder
- occasional basic art supplies

Commitment

- This course meets on Tuesdays.
- This is a .5 credit course.
(See 23.24 schedule for semester(s) offered.)
- Weekly homework assignments pertaining to the subject covered in class should take approximately 1 hour per week.
- Three tests will be given throughout the semester. They will be emailed to the parents, taken under parent supervision at home, and returned to class in a sealed envelope.

A typical class will look like...

Class time begins each week with a small food or beverage sample, a few nutrition tips, and an interactive activity. These are followed by lectures, class discussions, group work, and presentations by students.