



WEST HARPETH CHRISTIAN TUTORIAL

High School Health & Wellness

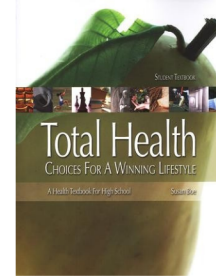
Tutor:

Kim Powell

kpowell@westharpeth.org

Prerequisites:

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



Course Description

This class will provide an overview of physical health, mental health, and social health in the context of a Biblical worldview. We will not cover the reproductive unit as that topic is covered in the Anatomy and Physiology class at WHCT.

Books & Supplies

- ***Total Health Choices For A Winning Lifestyle***
by Susan Boe, Purposeful Designs Publications,
ISBN#978-1-58331-226-1
- *Supplies: 3-ring binder*

Commitment

- This course meets once a week for half of the academic year.
- This is a .5 credit course.
- Most assignments can be completed in 1-2 hours per week.
- Homework will often consist of small projects to be shared in class.

A typical class will look like...

Class time is highly interactive with hands-on activities, group discussions, project presentations, and brief lectures.