



HS Health & Wellness

Kim Powell, RD

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Prerequisites:

- This class is open to all HS students grades 9-12.



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.



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 light reading and worksheets along with small projects to be shared in class.



A typical class will look like...

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



Books and Supplies

Total Health Choices For A Winning Lifestyle

by Susan Boe, Purposeful Designs Publications

ISBN-10 : 1583312269

ISBN-13 : 978-1583312261



1/2"- 1" binder, containing paper for note taking