

Tutor: Lisa Liffrig

E-Mail: liffrigl@bellsouth.net

Cell Phone: 321-759-4101

PayPal Address: liffrigl@bellsouth.net

Grade Level: 9th-12th

Class Description: This curriculum for high school students is designed to provide students with a thorough understanding of all important physical, mental and social health issues. Written directly to teens from a caring and friendly perspective, *Total Health* presents a moral basis for a healthy lifestyle based upon scriptural principles. Anatomy, body systems, food choices, exercise, diseases, stress, emergencies, responsibility, and more. Illustrations and photographs add visual interest to the text; at the end of each chapter, a review contains terms to define, questions based on the text, biblical application questions and suggested activities.

THIS IS A ONE SEMESTER CLASS - .5 Credit

Textbook/Author/Publisher:

Total Health: Choices for a Winning Lifestyle

Author: Susan Boe

- **Monthly class cost:** \$8.00 per week
- **Materials/lab fee:** \$15.00

Maximum # of students- 17

Minimum # of students- 6

