



Class Name: Health

Block 2 (10:00-10:55)

Spring 2023

(THIS IS A ONE-SEMESTER CLASS)

Tutor: Lisa Liffrig

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Grade Level: 10th-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

Available @ Christianbook.com

- **Monthly class cost:** \$10.00 per week
- **Materials/lab fee:** \$15.00

Maximum # of students- 17

Minimum # of students- 6

