



Class Name: Health
Block 4 (12:35-1:30)
Fall 2023

(THIS IS A ONE-SEMESTER CLASS)

Tutor: Layla Steensma
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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
Available @ Christianbook.com

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

Maximum # of students- 17
Minimum # of students- 6

