

Health and Nutrition (1 Semester Class SPRING or FALL)

Instructor: Codie Hill

Grade: 9th – 12th

Fees: \$35 monthly tuition fee **PLUS** \$20 supply fee **PER** semester

Text: *Apologia Health and Nutrition Textbook 2nd Edition*

Course Description:

In this hour-long class, we will discuss the physical, nutritional, emotional, social, mental, and spiritual aspects of growing into a healthy adult. Students will study the human body systems, senses, genetics, and temperaments. The course respectfully covers relevant topics such as mental illness and emotional stability, the value of another human being, culture, biological sex as related to our gender roles, families, socialization, communication skills, and conflict resolution skills. – This class will provide the ability to obtain a science lab credit and a PE credit and/or a Health class credit.

*All classes and lessons will be taught with a Biblical worldview and God as the creator of all things.

Please reach out to Codie Hill with any questions or concerns.

405-921-0130