



## **Course**

Health

According to the Apologia website, this course uses vivid illustrations and clear explanations and takes a holistic and relevant approach when exploring the physical, nutritional, emotional, social, mental, and spiritual concepts. It is designed to help students understand that their health is ultimately about stewardship: managing what they have the best they can. This high school course is done in a semester and will meet the state requirements of the required .5 health credit.

Recommended Grade Level: 9+

Prerequisites: None

### **Required Curriculum\* (no e-books nor CD versions please)**

1. Apologia *Exploring Creation with Health and Nutrition* Textbook, Second Edition
2. Apologia *Exploring Creation with Health and Nutrition* Student Notebook, Second Edition

\*These two books may be bought separately or as a "Basic Set" from [apologia.com](http://apologia.com)

### **General Supplies**

Notebook

Paper

Pens

Pencils

### **Instructor**

Please email [faithhomeschooltutorial@gmail.com](mailto:faithhomeschooltutorial@gmail.com) if you have any questions.