



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

General Supplies

Notebook

Paper

Pens

Pencils

Computer (with access to Google Classroom)

Instructor

Ms. Chrissy Carl Please email chrissycarlhfst@gmail.com if you have any questions.