

# HEALTH

## Health

Health is a required single trimester course designed for students to explore and expand their understanding of health related topics. The course focuses on self-awareness to examine the connections among physical, mental, and social health, and the impact it has on their lives and others. Students are encouraged to increase their self-awareness as they explore decision making, conflict resolution, stress management, nutritional health, physical health, mental/emotional health, social health, online safety, personal health habits, healthy relationships and the biology of sex. These topics are serious and often personal and require an increased level of maturity. The course provides the working knowledge for students to make healthy lifelong decisions but leaves the standard and expectation setting to the parents or guardians. Parents or guardians are encouraged to engage their student in discussion about the topics put forth in class. While this course is an elective, the pace and depth requires students to invest and engage in order to maximize their experience. Students work collaboratively in and out of class while developing strong personal discipline to complete their work.

**Classification:** Required elective

**Credit:** .33

**Prerequisite:** None