



HIGH SCHOOL

2021-2022 CLASS INFORMATION

Course Title: Health and Nutrition with CPR certification

Cost: \$375

Description:

This course satisfies .5 credit for Health and .5 credit for Nutrition. Exploring Creation with Health and Nutrition is a 32 week in depth health course that covers physical, nutritional, emotional, and spiritual aspects of growing into a healthy adult. Students will study the body systems, senses, genetics, temperaments, and physical influences on thoughts and feelings through in class discussion and activities. CPR training and certification will be conducted in this class; the cost for this is \$60 and will be payable at time of certification. ***Parental note: this is a complete health textbook; some students may not be mature enough to discuss some topics.***

Prerequisites: None - please see parental note in class description

Grade Level: 9-12

Schedule: Mondays, 10:45-12:15, 32 weeks beginning August 2

Class Size: 5 minimum to form class/15 maximum students

Textbooks: *Exploring Creation with Health and Nutrition*, Apologia, 2018: Textbook and Student Notebook required

Supplies:

Notes: \$60 CPR certification will be paid at time of certification class (optional)

Instructor: Jodie Ross

Jodie Ross has a passion for helping young people. After she married in 2005, she put her career on hold to stay at home and homeschool her children. Jodie and her husband Terry have 4 children and have homeschooled 2 of them over the past 9 years. She has taught in a classroom environment for BSA locally and at the District Level. She is eager to help students gain confidence in their Health and Nutrition class.

