

Heights Tutorial Class Description

Course Title: Health

Teacher: Jessica Fons, MS, RD, LD

Grade: 9-12

Day of week: Tuesdays (Fall semester)

Time: 12:30-1:55

Minimum of 6 students required to start.

Credit (for high school): 0.5 credit

Tuition: \$240

Course Description

Health is a one semester (0.5 credit) course that provides students with a comprehensive understanding of personal health and wellness. Students will explore topics including nutrition, fitness, mental and emotional well-being, stress management, personal safety, and healthy relationships. Through discussions, projects, and practical activities, students will develop the knowledge and skills to maintain a healthy, active life—preparing them for both academic success and lifelong wellness. Upon completion of this course, students will be well prepared to succeed in college-level health and wellness courses.

Prerequisites

None

Textbook Required

Total Health: Choices for a Winning Lifestyle by Susan Boe

ISBN 978-1-58331-225-4 student textbook (hardcover)

or

ISBN 978-1-58331-226-1 student textbook (softcover)

Supply List

3-ring binder

5-tab Dividers with pockets

Notebook paper

Pens/pencils