**Health Course Description for Grades 9-12**

**Course Title:** **Exploring Creation with Health and Nutrition** (Apologia)

**Course Description:** Exploring Creation with Health and Nutrition by Apologia is a comprehensive, biblically based high school course that equips students with the knowledge and tools to make wise decisions regarding their physical, mental, and spiritual health. Designed for one semester (with the option to expand into a full year), this curriculum presents health education through a Christian lens, emphasizing the body as a temple of the Holy Spirit.

Topics include nutrition, physical activity, body systems, mental and emotional health, stress management, safety and disease prevention, personal hygiene, reproductive health (presented modestly and respectfully), and the importance of developing healthy relationships and decision-making skills. The course also explores the connection between faith and wellness, encouraging students to honor God through their lifestyle choices.

The curriculum includes a student textbook and a companion notebooking journal with thought-provoking questions, vocabulary exercises, and hands-on projects to reinforce learning.

**Credits:** 1 high school credit in Health