

Health 1 and 2

Course Number: HEA765

Grades: 9th - 12th

Instructor: Holly Ryan

The focus of Health for Life is the student's self-responsibility for wellness. The students examine their lifestyles, select goals, and make plans to achieve and maintain optimum health. A variety of activities are designed to increase the student's ability to analyze information, apply knowledge, and make decisions regarding their personal health.

Required Materials: None