

Healthful Living

This course will enable students to gain knowledge and skills about healthful living topics. The following broad healthful living topics are the focus of instruction: The nature of health, health risks, health education, stress management, substance abuse, nutrition and weight management, self-protection, relationships, ATV and motorcycle safety and personal fitness. All objectives meet the North Carolina Standard Course of Study. The class allows students to earn a ½ credit towards the Health and Physical Education credit needed to meet graduation requirements. **This course by itself will not meet a graduation requirement for Health and Physical Education; it must be paired with Physical Education to meet the requirement.**

The parents of students taking this course will need to sign a Parental Permission Form granting parental permission for their son and/or daughter to take this course. The Parental Permission Form is available through the Distance Learning Advisor (DLA) at the child's school. The parents need to sign the Parental Permission Form and return it to their child's DLA. If a Parental Permission Form is not signed and returned to the child's DLA, then the student will be denied access to this course.

Prerequisites: None

Course Materials: Microsoft Word
Notebook (recommended)

Textbooks: Textbook Independent
Websites within the course are provided

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