

Health and Physical Education (Independent Study)

In health, students will learn the importance of living a healthy lifestyle by reducing risks for unhealthy behaviors. Personal wellness, mental and emotional health, human growth and development and instruction regarding healthy eating will be incorporated with the physical education portion of the course. In PE, students will learn that an active lifestyle can promote health for a lifetime. We will focus on personal fitness by keeping a daily personal log detailing progress toward individually-set goals.

Instructor: Anita McLane

Course Fee: \$300 per semester

*Payment plan: Four payments \$75

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