

Christian Wellness

Course Description

The purpose of this course is to develop a health-conscious Christian, who applies Christian principles to personal matters of physical, emotional, social, and spiritual health. Such an individual is capable of analyzing personal lifestyles and communicating healthy concepts to others. We will seek to grow in faith as we keep before us the Psalmist's inspired words, "I will praise God for I am fearfully and wonderfully made. Your works are wonderful, I know that full well." Psalm 139:14.

Course Outline

- Unit One: Foundations of Healthy Living
- Unit Two: Nutrition and Physical Fitness
- Unit Three: Personal and Family Development
- Unit Four: The Maturing Christian
- Unit Five: Alcohol and Tobacco

Objectives

You will . . .

1. identify the components of health (heredity, environment, lifestyle, wellness,) and explain how these components have impacted your lives.
2. describe basic nutritional principals and integrate this knowledge into decisions regarding nutritional choices.
3. identify, explain and then use Biblical principles, strategies, and skills that foster the development of a healthy Christian personality.
4. identify, explain and then use Biblical principles, strategies, and skills that foster the development of healthy relationships (friends, dating, marriage).
5. identify the various roles in the Christian family and explain the importance of each role.
6. identify the various stages of physical and emotional development from adolescence to adulthood and relate this information to your own personal experiences.
7. develop an understanding of God's gift of sexuality and the impact this has on your choices regarding sexuality.
8. identify modern health problems (substance abuse, infectious diseases, sexually transmitted diseases) and develop God pleasing strategies to prevent or minimize the possibility of these problems impacting your life.

Instructional Methods

1. Lecture/Discussion
2. Group Work
3. Self-Exploration
4. Videos

Evaluation

A percentage (10-30 percent) will be assigned to daily work, quizzes, projects, and tests. However, this course molds itself well to class discussions and participation. Therefore, attitude, effort, participation (AEP), and group cooperation will have a major impact on your grade.

Project/Quizzes	15%
Exam	15%
AEP	20%
Daily Work	20%
Tests	30%

Please note that these percentages are approximations and may change slightly.