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When we were homeschooling high school, we used the book "Total Health" as our curriculum. We used both the Jr. High and the Senior High texts. My boys liked them both. If you are getting just one, I would get the one that best accommodates the age of your child. If they are 9th grade or under, or maybe if they are highly sheltered and older, get the Jr High. If they are over 9th grade, or hang out with their youth groups, other secular kids, etc., then I would get the Sr. High version.

We chose not to get the workbooks, however. I wanted them to learn the material but I had so many other high powered courses at the time, I didn't want to have yet another thing for them to be tested on. We were doing Latin and Biology and stuff at the time, and it would have been just too much. Both times I used Total Health, I bundled it with their physical activities to make it a PE credit. I didn't list Health separately on their transcript. With their physical activities, I did have an EASY 150 hours of PE, and I did give them a full credit, but they were doing soccer, swim team and baseball at the time.

If I had listed Total Health alone on the transcript, I think I would have given it 1/2 credit, because even with the tests, I don't believe that it would take the time for a full year at 1 hour a day to complete. In Washington State, we are required to teach health at some point in their lives, but they don't lay down when or how much, so I had no requirement as to it being a whole credit in high school. If you want to supplement for high school health to cause it to be a full credit, look at taking a CPR or basic first aid course.

Total Health is a wonderful book, and both of my boys loved it. In fact, when I bought the first one, the kids ended up reading it on their own over summer before school even started. It had a wonderful tone, and had a nice balance between conservative concerns in addition to some of the challenges that Christian kids might deal with at school or youth group.

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Antony M - About Author:
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