

# Tune Into Life Course Health

## LEARNING OBJECTIVES

### Life Course Health

The student will explain how the lifestyle choices they make now will impact their health in the future by summarizing three examples.

The student will describe how health is an outcome of a variety of factors over the course of their lives by naming four examples.

### TUNE Videos

The student will demonstrate an awareness of the TUNE website by identifying four (4) themes they found throughout the music and information provided at the site.