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LIVE CLASSES

Health & Nutrition

Jill Witt

Syllabus

2024-2025

Personal Note:

Welcome, and thank you for allowing me to be a part of your homeschool. I am thankful for each of you and anticipate a great year together!

Description:

Exploring Creation with Health & Nutrition is a thorough overview of the principles of pursuing wellness for human beings. Central to the course is the principle of stewardship, caring for the bodies God designed. After establishing the created value of humanity, the course covers the physical, mental-emotional, and relational influences on health. Included are in-depth discussions of what the body requires nutritionally for all the major systems to function optimally. Exercise, rest, stress management, and spiritual development are also covered. Parents and students alike will appreciate the author's open and thoughtful tone on the gift of reproduction, discovering each individual's responsibility for the respectful care of this precious commodity. Completing this course will give a basic understanding of caring for the magnificent and complex human body.

This course does discuss the topic of reproduction in the last module, but it is treated with respect and propriety, providing information through a medical and biblical lens. As this is a sensitive topic, Mrs. Witt will only discuss certain core elements in class, and she will provide the material to parents and students before discussing the module. In addition, students will have the option to opt out of the module without penalty. We understand that some students may not be ready to consider or discuss these topics with anyone other than their parents, and we believe parents are the decision-makers on this matter and everything else related to their children.

Prerequisites:

Biology (Recommended, may be taken concurrently)

Course Materials:

Please purchase these materials before the first day of class.

- Exploring Creation with Health and Nutrition, 2nd Ed. – Basic Set
 - Included in the Basic Set:
 - Exploring Creation with Health and Nutrition Textbook, 2nd Ed. by Dr. Laura Chase
 - Exploring Creation with Health and Nutrition Student Notebook, 2nd Ed.

Course Progression:

Schedule

- The Health & Nutrition course will run for 30 weeks.
- The semester begins on August 19 and ends on April 29
- Your first Health and Nutrition class is on August 20
- Work may be submitted until May 10th

Breaks

- Thanksgiving break - November 26th - 29th

- 3-week Christmas Break - December 16th - January 3rd
- 2-week Spring Break - April 7th - April 18th

Assignment Structure:

The teacher numerically grades all assignments, tests, quizzes, papers, and lab reports (we do not give a letter grade) and posts them on the student portal. We provide a 0-100-point percentage-based grading system.

Numeric-to-letter-grade conversions are up to the Parents using a scale they determine is best for their own homeschool. Parental involvement is significant. Parents still need to check on completed assignments, assist with labs, and observe quizzes and test-taking if necessary. As the authorized, legal educational institution, your homeschool is responsible for converting numeric grades to letter grades and keeping all records, grades, transcripts, and any other documentation necessary for being accepted by different schools, colleges, or universities.

Class Canvas Portal:

Students will access the course through the Canvas course portal:

<https://apologia.instructure.com/login/canvas>.

Weekly Live Lecture:

Tuesdays, 9:00 am - 10:30 am ET

Help and Questions Outside of Live Class:

If you have any questions, please reach out to mrs Witt@apologia.com.