

Course: Health and Nutrition (Human Anatomy & Physiology)

Instructor: Dawn Shadow

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Course Description: Health & Nutrition is an in-depth look how the major human body systems work and interact, and how foods affect the body. Students will gain knowledge of human physiology, nutrients, the importance of exercise and proper diet, and how our environment and habits can affect our emotional and spiritual well-being. Research, recipes, and projects will make the class interactive and fun.

Body systems covered will include brain and nervous system, the digestive system, the respiratory system, the olfactory/auditory/and visual systems, the skeletal and muscular systems, the cardiovascular and immune systems, and the endocrine system. Other topics will include, but are not limited to: fats, fatty acids, amino acids, vitamins, pH, enzymes, fiber, probiotics, household toxins, minerals, joint health, protein, exercise, blood types, cholesterol, antibodies, carbohydrates, the glycemic index, hormones, glands, diabetes, fiber, stress, cancer, calories, and more.

The goal is help establish lifelong personal, nutritional and hygienic habits and a desire to eat wholesome foods that support great health – to understand the “why’s” of physical and nutritional choices so students and their families can be good stewards of their health who are able to serve God well.

The course is suitable for 1 full credit in high school science or as an elective.

3 John 2: Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

This course will be food-allergy friendly.

Prerequisites: none

Curriculum: Main text (required) Nutrition 101: Choose Life by Debra Raybern, N.D.

More details on this can be found here: (<http://growinghealthyhomes.com/nutrition-101-choose-life-multi-user-license/>) and after registration we will discuss your preference for the options available.

Additional resource (optional): Apologia’s Health and Nutrition by Dr. Laura Chase

Class Fees and Payment: The cost of the class is \$40 per month or \$320 for the year, plus a one-time \$45 supply fee which covers food ingredients and handouts/copies.

Please see the registration packet for payment options and details.

Materials Needed: Requires home internet access to view/complete assignments on Canvas. A variety of print/online materials as selected by the instructor will be used. Students are greatly encouraged to take notes in class and to organize and keep papers they are given to help study.

Course Evaluation: Students will be expected to be attentive and to participate in classroom discussions. They will be given a guided notes study page to fill out during class each week. Students will take open-book/study guide chapter quizzes as well as closed-book unit exams at home on Canvas. Grades will be given for homework assignments on Canvas which include reading additional information and/or watching given video links on YouTube and submitting their answers to questions. Please hold your student accountable for completing homework assignments and projects by the given deadlines. I am flexible with students who need additional support with class, such as spelling struggles.

Classroom Behavior: As this class will be interactive, students will be expected to work along with the instructor and the class to learn what is being discussed. Students are expected to show respect for the teacher and other students. Cell phones should be silenced and put away during class time. Students may bring a water bottle to class, and are expected to taste test the recipes presented if there are no allergens preventing them from doing so.