

# Apologia Online Academy Health & Nutrition Course

## Taught by Mrs. Fowler

1. **What curriculum is used?** *Exploring Creation with Health and Nutrition* is a textbook/notebook combination written by Dr. Laura Chase and published by Apologia.
2. **Who should take this course?** Mature 9-12<sup>th</sup> graders. Students will benefit as they learn much of what they need to know in making the best choices possible for themselves as they become young adults. It is a course which can fulfill the Health course some states require for high school graduation.
3. **What topics does the course cover?** Health is about stewardship: managing what you have to the best of your ability. This is a whole-health course covering important aspects in:
  - Physical – enough vitality for life’s activities
  - Social – secure group of family and friends
  - Mental – firm grasp on reality
  - Emotional – the control to express feelings
  - Spiritual – confidence that you are growing in your relationship with God

At its core is the understanding that humans are created in the image of the one, true God and are His image-bearers. As such, we are to steward His gifts with excellence. It is not an anatomy and physiology text, but it covers the basics of how nutrients are absorbed by the body and the essential ones to include in one’s diet. It is not a Bible study, but the author explains a relationship with God through His Son, Jesus Christ, is the only way to have true peace in one’s life. Other subjects covered are:

- Exercise
  - Immune Function
  - Physical Influences on Thoughts & Feelings
  - Mental & Emotional Health
  - Healthy Interpersonal Relationships
  - Nutrition & Hydration
  - The Gift of Reproduction
  - And, more!
4. **Is this a science course with experiments?** Though we have nested it with our Science department, it is not to be considered a lab science. There are no experiments with lab reports.
  5. **Are projects involved?** The course will have project assignments, such as keeping a food journal and sleep journal, setting personal health goals, etc.
  6. **Is there a discussion component?** Mrs. Fowler’s class will have a discussion component wherein the students will occasionally share a short report on a topic of interest related to the subject assigned. She and fellow classmates will discuss the

subject in class. Therefore, a microphone is required for participation. Note: There will not be camera use by the students.

7. **How will the class work?** With the Academy, this will operate like all other classes for live and recorded-graded students. The instructor will set the assignments and due dates and the student is expected to meet these, with emergencies and illnesses taken into consideration.
8. **How will grades be figured?** Grades will be averaged from class participation, completed projects, notebooks, and tests.
9. **How will the topic of reproduction be handled?** This topic is treated with respect and propriety by the author, giving information through a medical and biblical lens. The topics covered are certainly sensitive, and students may not be ready to consider or discuss them with anyone other than their parents. We believe parents are the decision makers on this, as in all things related to their children. In light of the delicacy of this subject, Mrs. Fowler will only discuss certain core elements in class, which she will provide to parents and students in advance of the module. In addition, students will have the option to opt out of the module without penalty.
10. **What are the required materials for the online class?**
  - *\*Exploring Creation with Health and Nutrition* textbook and Student Notebook by Dr. Laura Chase

A working, separate microphone for your computer, if registering for the 'live' class.

**\*There may be a discount available. Please see:**

<http://www.apologiaonlineacademy.com/discounts.html>

### Instructor



Loisann Fowler, B.S. Science

Falling in love with the God of creation as she studied His intricate design of human anatomy in high school, Loisann Fowler became a life-long science enthusiast. After earning her Bachelor of Science from Auburn University and working with spinal injury patients, she changed careers to raise and home educate her five children. All are now grown and living from coast to coast. She and husband Randy call Orlando, FL home, where, when not teaching home schoolers or mentoring women, Loisann enjoys spending time with family, training for and competing in triathlons, gardening, traveling, and digging into the connection between food and health.

