

New TR Campus Coming in 2025! [Learn More »](#)



2024-2025 SCHOOL YEAR

Health and Nutrition CP GVL

Grades: 9th Grade, 10th Grade, 11th Grade, 12th Grade

Fees: \$425 plus lab fee \$15

Course Credit: 1 science elective

REQUIRED MATERIALS

Textbooks:

- [Exploring Creation with Health and Nutrition textbook](#) ISBN: 978-1-940110-34-9 (Laura Chase, Apologia 2018)
- [Student Notebook](#) 1st or 2nd edition are both acceptable

Other materials:

- clear reusable water bottle
- colored pencils

Course Description

Health is about stewardship: managing what you have as well as you can. This 15-module course covers the physical, nutritional, emotional, and spiritual aspects of growing into a healthy adult. Students will study the human body systems, senses, genetics, temperaments, and physical influences on thoughts and feelings. The course respectfully covers mental illness and emotional stability, as well as the inestimable value of another human being, our culture, our gender roles, our families, socialization, communication skills, and conflict resolution skills. Students will gain an in-depth knowledge of both macronutrients and micronutrients, including the importance of exercise and proper diet. This course will cover materials such as nature versus nurture, personal temperament, good decision-making skills, boundary setting, analyzing food intake and activity levels, creating good hygiene habits, keeping a sleep record, as well as so much more.

Parental Note: Because of the content of Module 15 in a mixed gender classroom on a high school age level, we will leave this chapter for parents to cover on their own.

To be successful in this class:

Students should plan to spend an hour a day on days co-op is not in session to complete the weekly reading assignments, module On Your Own questions, student notebook projects, study guide review questions, and tests. Classroom discussions are also an important part of this class and students should be able to discuss all topics in a mature manner.



Meet Sarah Alix

Education: Bachelor's degree in Movement Science (with focus in human anatomy and physiology, biomechanics, athletic training, and motor control) from Gordon College

Teaching experience: Homeschooled five children starting in 2004

UHC courses taught:

- Earth Science
- Health & Nutrition
- General Science
- Life Science
- Anatomy and Physiology, Middle school and high school
- Elementary substitute

Began teaching at UHC in 2011

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