

Whole Health for Teens

An Online Homeschool Health Course Rooted in Science and Practical Skills

Full Course Syllabus

- **Know Your Health**

- An online/virtual homeschool high school health course.
- This course is in alignment with The NATIONAL HEALTH EDUCATION STANDARDS
- 1 Semester Course, 15 modules
- Credits: 0.5 or 1 depending on how many credits you assign a 1 semester course in your transcript.
- Average 60 hours expected time for course
- Meeting Times and Location:
 - Self Paced- New Modules open as you complete them
 - Live Classes: Wednesdays at 3pm or Fridays at 9am Both Eastern Time
- Format: Online, using the Practice Better Client Portal, Practice Better App, Zoom for live class instruction, Access to youtube helpful
- Grades 9-12, ages 14+, Preferred pre-requisite of Biology but not necessary

- **Instructor:**

Rebecca Stuart, NTP
(National Board Certified Nutritional Therapy Practitioner)
Contact Details: rebecca@libertywellnessandco.com



- **Course Description:**

- Students will learn how to take control of their own health choices through knowledge, methods, tools, and practical application
- The course emphasizes understanding the foundations of health:
 - Nutrient Dense Diet
 - Blood Sugar Regulation
 - Sleep
 - Stress
 - Movement
 - Digestion

**“The greatest medicine of all is
teaching people how not to need it.”
Hippocrates**

- The course will also expand into areas of practical application for life, i.e., how to find a doctor, different modalities of healing and testing available, the latest research, how to read scientific studies, and learn how to discern what media is saying.
 - Students will be able to understand Essential Nutrients needed, how to read a nutrition/food label, how to analyze basic blood labs and more.
 - By the end of the course, students will be able to understand how to make healthy choices for themselves, assess potential personal needs and know how to make adjustments to better oneself.
- **Required Materials/Textbooks:** Access to the internet through a laptop, tablet, or phone with a camera and microphone for live classes. No additional books or resources will be needed.
 - Other Materials: For Practical Application Students will be given assignments that may require a trip to a grocery store or given access to their home food pantry. Students may also be given extra credit assignments to cook a food item or meal and will need items and a place to do so, if they choose to do this assignment.
 - Additional Resources: Students will be provided a list of additional resources for further reading or listening if they wish to learn more of a certain topic. These resources can be found in the Resource Module. This includes, books, podcasts, online articles and more.
 - **Live Course Schedule:**

Course is broken down into weekly modules.

 - Modules will be unlocked 7 days before the live class teaching of that module. Specific due dates provided in each module.
 - Readings, videos, weekly activation and quizzes are due before the following module's class.
 - i.e. Module 1 Homework will be due by Module 2 Live Class
 - Live Classes will be recorded and uploaded into the Module Labeled "Live Class Recordings" this is for students who miss class &/ rewatch

**Just as food causes chronic disease,
it can be the most powerful cure.
Hippocrates**

Module 1: Kick Off + Own YOUR Why!

The purpose of this module is for you to become acquainted with how to use the Practice Better Platform, engage with the material, and think through the very important question of why health is important to you personally.

- Read/ Watch Orientation Email and Video
- Read/Watch Module Content
- Complete Form (graded complete/incomplete)
- Complete Task, practice using the chat feature



Module 2: The Body Blueprint



This week we will cover some basic body fun facts to get everyone on the same page! What are the building blocks for the body? How is it structured? Why do you need to know this!? Let's get started!

- Read/Watch Module Content
- Complete Weekly Activation, Fill out Form
- Complete Quiz

Module 3: Your Plate, Your Power

Welcome to Food 101, This week we will learn the basic building blocks of food. You will discover what is essential and not for living life well!

- Read/Watch Module Content
- Complete Weekly Activation: Complete 4 Days in the Food Journal, and fill out observation form (2 parts must be completed for grade)
- Complete Quiz



Module 4: Gut Check: What's Going On Inside

Now you know what the main components of food are, how does your body absorb and use them? Let's get to know your digestive system, the structure, function, and key components that contribute to accessing all the nutrients you need to be healthy! Remember Hippocrates said it "All disease begins in the gut" so let's figure out how to get healthy and remain healthy!

- Read/Watch Module Content
- Complete Weekly Activation: Choose 1 of the 4 project options & complete observation form
- Complete Quiz.



Module 5: The Stress Equation

Did you know there is such a thing as good stress? This week we will learn about your nervous system, what stress is, strategies on how to manage your stress and thrive in life!

- Read/Watch Module Content
- Complete Weekly Activation: Choose 1 of the 4 project options & complete observation form
- Complete Quiz.
- This week students will be given details regarding their Final Capstone Project due the last week of the course.



Module 6: Sleep: The Quiet Revolution

In our modern day culture, sleep is one of the most misunderstood power moves you can make for your health. This week we will learn the benefits and consequences of sleep, what happens when you sleep, how we are part superman and powered by the sun, and sleep tips and hacks!

- Read/Watch Module Content
- Complete Weekly Activation:
Log 4 Sleep Journal Entries and complete observation form.
- Complete Quiz.
- Attend the Live Class



Module 7: Sugar Smart

Did you know that over 93% of Americans are metabolically sick, which is generally linked to a blood sugar regulation issue. This week we will dive into learning how to take control of your health through understanding and regulating your blood sugar levels! You will also learn tips and tricks on how to enjoy dessert without it messing with your health! Sometimes it's ok to have your cake and eat it too!!

- Read/Watch Module Content
- Complete Weekly Activation: Log 3 Days in Food Journal, and complete Sugar Smart Form
- Complete Quiz.



Module 8: Toxic Load: What's Your Limit?

This week we will learn how the body is set up to naturally detoxify from harmful substances. Remember homeostasis, but what happens when you live in a Toxic Soup like America, and the burden is too much for your body to handle? What are the major toxins in the soup, how can we avoid them, and support our bodies to release them?

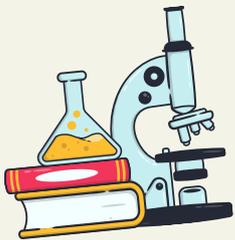
- Read/Watch Module Content
- Complete Weekly Activation: Personal Toxin Load Assessment
- Complete Quiz.



Module 9: Decoding Science: Unraveling Studies and Media Claims

This week you will gain tools to discern what the world is saying about health recommendations! You will also learn how to read a study and be able to know if it's legit or not!

- Read/Watch Module Content
- Complete Weekly Activation: Analyze a Study & fill out Form
- Complete Quiz.



Module 10: Food Smart: Shop Like A Pro

Figuring out what to eat and how to get it can feel overwhelming. With all the mixed messages out there, it's easy to lose touch with what our bodies actually need. Think about it—we're the only creatures on Earth scratching our heads over what's for dinner! Between tricky marketing and confusing labels, it's no wonder we're lost. This week, let's cut through the noise and arm you with simple tools to own your food choices like a pro!

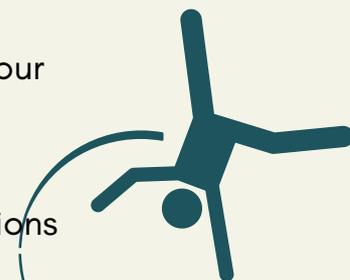
- Read/Watch Module Content
- Complete Weekly Activator: Grocery Scavenger Hunt, Form
- Complete Quiz.



Module 11: Move It or Lose It: Muscles in Action

This week we will cover the amazing benefits to movement! What really happens when you contract a muscle? How does skeletal muscle effect your mental health and so much more!

- Read/Watch Module Content
- Complete Weekly Activation: Complete 1 of the 2 Project Options
- Complete Quiz.



Module 12: Supplement Savvy

Do you need a supplement? How do you know, and are there tests for this sort of thing? AND, if you do need some nutritional supplementation what kind is best? This week we will cover all these questions and more as we dive into the wild west of supplements.

- Read/Watch Module Content
- Complete Weekly Activation: Complete Investigation Project
- Complete Quiz.



Module 13: Know Your Rights!

In America, you are blessed with some amazing rights as a patient! But what are they? How do you find out? How should we have respectful conversations with our doctors? This week we will cover the basics of what you need to know as you begin working with doctors and practitioners, and how to make informed decisions for your own health!



- Read/Watch Module Content
- Complete Weekly Activation:
Listen to the Podcast and Complete Form
- Complete Quiz.

Module 14: Nature's Toolbox: Holistic Health Skills

This week you will get to learn about the different approaches to health. You will gain tools and skills to assess your personal health, and discover different healing modalities that are 1000's of years old.

- Read/Watch Module Content
- Complete Weekly Activaton: How to Treat Project
- Complete Quiz.



Module 15: Full Circle: Living your Healthiest Self!

How exciting! You are equipped to take responsibility for your own health! This week we will review and debrief from all you have learned this semester! You made it! Well done!!

-Read/Watch Module Content

-Capstone Presentations

- **Grading Policy Grading Scale:**

Quizzes are Graded on the 10 point scale (e.g., A = 90-100%, B = 80-89%)

Weekly Activations and Capstone are Graded as Complete/Incomplete

Final Course Grade will be the average of the above.

- To receive a completion grade on a project, all parts of the project must be completed, student must show they have put consideration into answers. If an assignment is thought of as incomplete the student will be notified.
- Late Work Policy: All assignments must be completed and turned in 1 week after the last module live class at the latest to be considered for a grade.
- Grade Disputes: You are welcome to contact Rebecca in the chat with questions, concerns, or requests to redo a quiz or assignment, students will be allowed 2 total attempts for quizzes.

- **Course Policies, Expectations, Attendance and Participation:**

Students are expected to do their work, show up to class on time and participate in class discussions.

- **Academic Integrity:**

Original thought and critical thinking are the standards for this course. Cheating copying, or plagiarism will not be tolerated, if it is discovered a student fails to uphold this standard, they will receive a failing grade.

- **Classroom Etiquette:** No bullying will be tolerated at any point in time, students are expected to communicate in a polite manner at all times. There will be no screen shots of discussions, chats, or class and shared on any platform. Doing so will find you in violation of your course agreement, immediate dismissal from the course with no refunds, and if necessary reported to authorities. Parents have full access to the course content, all conversations, and recordings for full transparency. Parents will be held accountable to the same etiquette standards as well.

- For requests, questions, or concerns contact your Instructor Immediately.

- **Learning Disabilities and Accommodations:**

For any special accommodations or considerations parents must contact the Instructor no less than 1 week before the live class semester begins to make necessary arrangements.

- **Statement of Flexibility**

- In the case potential changes due to unforeseen circumstances (e.g., weather, health emergencies) are needed regarding live class times, you will receive an email with either a make- up class time or a link to a pre recorded class for that module to watch.

Course Philosophy or Instructor's Teaching Approach:

We approach health with a science-based, holistic perspective, recognizing that humans are made up of body, soul, and spirit. In this course, we focus on the body's biochemical processes and explore their scientific connections to thoughts and emotions, such as the gut-brain relationship. We also highlight proven methods to support the soul's influence on the nervous system, like the chemical benefits of dancing, breathing, and laughter. We believe in bio-individuality – that each person is unique – so we don't promote one-size-fits-all solutions. Instead, we provide a variety of health strategies to empower students to think critically and discover what works best for their individual needs.

Common FAQ's:

- This course is in alignment with The NATIONAL HEALTH EDUCATION STANDARDS through SHAPE America, you can find them [here](#)
- ***Self Paced- Parents are responsible for grading and overseeing their student progress***
- Drug or Substance Abuse Topics are included in the Toxin Load Module
- Sex Education is **NOT** included in the course, **but** is available at no extra charge as a stand alone module that is only available by special parental request. This module focuses on general biology of male and female anatomy, reproduction anatomy and physiology, and hormonal cycles. This module will *not* have a live class portion.
- Final Capstone Project details/ rubric will be given to students in module 5
- BTHE students, this course does not count towards your 2 class minimum for enrollment

**Health is the greatest
of human blessings
Hippocrates**