

### What is the format of the new *Exploring Creation with Health and Nutrition* course?

There are three components required to successfully complete this course.

1. The **student textbook** contains all of the health content that the student will study during the school year.
2. The **student notebook** contains all of the project instructions, study guides, and exams.
3. The **solutions manual**, made available for free on the course's *Book Extras* site, contains answers to the study guide and exams.

### What additional materials are required to complete this course?

1. Internet access. You might want to use the Internet for a few research projects for this class. If you don't have Internet access at home, look into reserving computer time at a local library. If you have a portable computer, you can access the Internet at most coffee shops.
2. Exercise equipment.
  - a. You will need a cushioned floor. Thick carpet will work well, or you can purchase an exercise mat (about 4 ft. by 6 ft.). A yoga mat is not thick enough.
  - b. You will need athletic shoes that fit properly.
  - c. A fitness ball that is the correct size for your height will also be needed.

### Are there any prerequisites?

No.

### What topics do you cover in *Exploring Creation with Health and Nutrition*?

Health is about stewardship – managing what you have to the best of your ability. This is a whole-health course covering important aspects in these areas of our being:

- 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

## Frequently Asked Questions

### *Exploring Creation with Health and Nutrition from Apologia*

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 to us with excellence. It is not an anatomy and physiology text, but this course covers the basics of how nutrients are absorbed by the body and which ones are essential to our diet. It is not a Bible study, but the author explains that a relationship with God through His Son, Jesus Christ, is the only way to have true peace in 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!

You can download the full table of contents and sample pages on our website.

### **Who should take this course? What grade level is it considered to be?**

Apologia recommends that *Exploring Creation with Health and Nutrition* is best studied at the same time as biology in 9<sup>th</sup> grade. This is not a requirement, however. A **maturity level**, whether it be in middle school or high school, that is able to comprehend and sensibly discuss a whole-health course covering mature topics such as human sexuality, and alcohol and drug abuse is needed to succeed in this course. We recommend that parents preview the table of contents and sample pages (found on our website) to decide if their student is ready. This is a course which can fulfill the health course some states require for high school graduation.

### **Do I really have to do this with biology? I don't have time to do both in the same year.**

Apologia fully supports homeschool parents setting their course schedule loads. It is a recommendation, not a requirement, that health be taught at the same time as biology. *Exploring Creation with Health and Nutrition* is not a lab science. If you choose to do it at a different time, please be aware that this is a course which can fulfill the health course requirements that some states require for high school graduation. It does not fulfill a lab science requirement.

### **What is the suggested schedule for completing this course?**

*Exploring Creation with Health and Nutrition* has a suggested schedule of three days per week of study for an entire school year. On average, it will take a student an hour of study each of those days. Some projects will require additional time, and students should plan these into their schedules. As with all Apologia courses, we recommend that you tailor the course to fit your homeschool calendar. It could be done in a semester, if desired.

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#### **Is this a science course with experiments? Can I count this as a lab science?**

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.

#### **Are projects involved?**

The course has project assignments, such as keeping a food journal and sleep journal, setting personal health goals, etc. You can view the table of contents at our website.

#### **Are there any tests?**

Yes. Students are graded on project completion and exams. Solutions are available for free on the *Book Extras* site for this title.

#### **How many credits is this course, and how do I show the credits on my student's transcript?**

You can assign the full credit amount required by your state for this complete and comprehensive health course.

#### **How is this different from *Exploring Creation with Advanced Biology*?**

The study of health is not the same as the study of anatomy and physiology. For example, health covers the basics of how nutrients are absorbed by the body and the essential ones to include in a diet. *Advanced Biology* covers the structures involved in digestion and how the actual process happens.

#### **Is this course taught at the Apologia Online Academy, or is there an instructional DVD available?**

While this course does not have an instructional DVD associated with it, it is taught by Academy instructor Loisann Fowler. Here are some details:

**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. A microphone is therefore required for participation. Note: There will not be camera use by the students.

**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.

**How will grades be figured?** Grades will be averaged from class participation, completed projects, notebooks, and tests.

**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

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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 may opt out of the module without penalty.

#### 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.

#### The study of health can be controversial, depending on your worldview. How does Apologia handle “hot topic” items?

We have worked hard to provide information in both medical and Christian terms so that controversy may be minimal. We do not openly support any one main view because we recognize that each family has the right to decide what is right for its family members.

For example, we cover the topic of vaccines. We discuss the science of what a vaccine is, how it works, and the desired outcome. We discuss immunization choices, the successes of vaccination, at-risk populations, and even the great divide over vaccination. Here is a portion of that discussion:

*Sincere Christians have strong convictions about vaccination, which tends to place them in 2 opposing camps: those who vaccinate and those who don't. Both points of view have risks.*

*Whether to take a vaccination or not is a deeply personal matter, over which individuals have a lot of choice. Realistically, vaccinations do not have to be all or nothing. You may choose to take some immunizations but not others. You can choose to give your child immunizations at a later age than infancy. You can take each vaccination separately instead of in bundled preparations of several vaccinations at once. Or you can choose not to take any immunizations.*

*When it comes down to making a decision, get the best information you can and ask questions of your healthcare provider, who can give you custom advice based on your specific family's situation, your work environment, your ministry locations, and your travel plans.*

*As a Christian, try not to judge the people in the other camp. They are just as convinced of their opinions as you are. Opinions over vaccination (and diet, circumcision, or education method, for that matter) can ignite battles between Christians. Let's aim our weapons against the real enemy, the one who takes delight in brothers and sisters in Christ going to war against each other. We need to be able to disagree about vaccination (and a lot of other things) and still love each other.*

Regardless of what we publish, we humbly recognize that there may be some criticism and perhaps a better way that we could have stated materials. When this occurs, we ask that you forgive us our error and recognize that we would never intentionally usurp parental rights in deciding what is best for their family.

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We also want to make sure that parents are aware that we respectfully cover other issues such as drug abuse, pornography, and the act of marriage. We live in a culture polluted by sexual dysfunction. It is our intent to tell the truth to teens about the beauty of married sex, the developing baby, and being parents. We want to warn them about the dalliance into immodesty, pornography, and casual sexual activity. This is why we have stated that **mature** students should take this course. Parents have every right, and we support their decision, to skip certain materials in the book. Here is a section on how we cover the topic of pornography:

*Pornography is an image that exposes normally covered parts of the human body in a sexually suggestive way. Erotic pictures stimulate sexual thoughts and feelings. Any picture featuring nakedness can be pornography. Such "art" has been around for thousands of years, but today's pornography is readily available and extremely graphic.*

*Viewing pornography is not an innocent pastime. First, exposure to pornography causes sexual arousal. This releases brain neurotransmitters, such as dopamine. These neurotransmitters make the viewer hunger for more images. Before long, the one who looks at pornography can become addicted to its effects and will have a difficult time breaking free from its hold.*

*Many people think that it is only males who can become addicted to pornography. This is not true! Females can be stirred into sexual arousal and dopamine release if they read erotica, romantic stories with vivid description of foreplay. A wise woman will close the book and turn her eyes away. It is pornography.*

*Second, pornography causes dissatisfaction with real male and female relationships. Men who use pornography find real women unattractive. Many people who have studied the statistics on marriage believe pornography has significantly reduced the number of men who want to marry. By the same token, women who read lots of romantic fiction or trust romantic comedies for their education about relationships will find real men unattractive.*

*Third, the naked person who is photographed is a victim who has been used as a shameful sex object instead of a valued child of God. Pornography viewing adds to the world problem of aggression toward women as well as rape, prostitution, and sexual slavery.*

*What can you do? You may find the beauty of the human body to be captivating, but you must resist the temptation to look. Do not let yourself dwell on a picture of it. You can decide to respectfully turn away from images, clothing styles, and sections of stores that cause your sexual appetites to be stirred.*

*As a young man, if a woman wearing revealing clothing speaks to you, you must use all your inner resolve to focus your attention only on her eyes. This is very difficult and can only be accomplished with a decision you have made in advance. With practice, you can automatically avert your eyes to the floor when you have to pass through challenging places such as the female undergarment section of a store or checkout lines with revealing magazine covers.*

### **Do you endorse a particular fitness regimen?**

No. We do include an entire module on exercise and have the student create and participate in an exercise regimen as part of a project.

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### Is a specific food plan taught?

No. We discuss different food groups and the benefits of each. As part of a multi-module project, students will analyze their food intake and make changes to ensure they are nourishing their bodies properly.

### Where will I find the tests and answers?

- Tests are at the back of the student notebook.
- Answers to the tests and study guides are in the Online Answer Key in *Book Extras*. (See page viii of the student notebook for *Book Extras* password.)
- Answers to the “On Your Own” questions are in the textbook at the end of each module. This facilitates an easy self-check by the student.

### Where will I find the study guides and project descriptions?

- The student notebook contains sections for the following: notes, “On Your Own” questions, projects (along with instructions/descriptions), a place to record personal thoughts, and study guides.