

Berea Academy
Apologia Exploring Creation with Health and Nutrition
Grade Level 10-12th
Semester 1 and 2
2020-2021

Teacher: Mrs. Paula Koranda
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About the teacher/contact info:

I am very excited about teaching this class at Berea Academy this year! I have been teaching a science co-op since 2012, and have taught Apologia General Science (twice), Physical Science (thrice), Biology (twice), and Advanced Biology Human Anatomy once, and Nature Unleashed Missouri Department of Conservation curriculum once. This is my second year at Berea, last year I taught Physical Science two classes. This is also my 18th year homeschooling my own children (four sons ages 16-22). This year I am also teaching Apologia Advanced Biology Human Anatomy in a home co-op, and The Science and History of Missouri at Berea.

If you have any questions at all, please do not hesitate to contact me by phone, text or email.

Class description:

This class covers the book Apologia Exploring Creation with Health and Nutrition by Dr. Laura Chase.

This class from Apologia is a Christian-worldview based study of health and nutrition. While this course will cover practical health issues such as nutrition, exercise, and the workings of our human body systems, we will take a “whole person” approach to health. This course will recognize that our health is dependent on social, emotional, mental, and spiritual vitality, as well as physical aspects.

The course material will always be presented through the lens of each human being bearing the image of God. Topics will include typical health issues such as nutrition and exercise, but will also address mental and emotional health, relationships, communication, hygiene, the pitfalls of our sinful world (such as drug and alcohol abuse and pornography), and reproduction. All material will be presented gently and respectfully, but there will be difficult topics. As such, this class is for mature high school students. There is also a module on reproduction, and that will be offered as the last module of the academic year. Parents will have the option of “opting out” of those class periods and covering that material at home should they so choose to do so.

Each student will need the Apologia Student notebook and the textbook. Siblings can share the textbook.

Each class period will consist of a review of the assigned reading, answering the On Your Own and Study Guide questions, reviewing the various projects and preparing for the module tests.

Grade Level/Prerequisites:

This course is recommended for 10-12th grade. There are no prerequisites, but having had Biology is highly recommended, as well as an 8th grade math ability. The student should be prepared to do a lot of reading and review and learning new vocabulary. The tests are generally matching, true/false and fill in the blank types, but require a thorough understanding of the material and vocabulary.

Type of Course:

This is a full Core science class. With all the work done, including labs, this can be counted as 1 credit of science or 1 credit of health on a high school transcript.

Supplies and Materials:

The student should provide the text book Exploring Creation with Health and Nutrition by Dr. Laura Chase ISBN#978-1-940110-34-9 and the student notebook by the same title, ISBN #978-1-940110-35-6. This book is available online at many websites, but I found the best pricing at Rainbow Resources. I am requiring that the student notebooks be cut apart and 3-hole punched. I know it goes against the grain to cut up a new book, but The UPS Store will do it for about \$5. The students will be turning in the project worksheets and tests that are in the book, and this way they have them already in a binder and ready to turn in. Also, this way they can just bring the current module paperwork to class in a 3-ring binder and not have to drag the entire book all year.

Each student will need to bring the textbook, the prepared (cut apart) notebook and a 3-ring binder and on the first day of class. I will provide tabs to use with it. Students should also bring a pen or pencil to class.

Class communication:

I will communicate with parents through Slack most of time. I will send out invitations to everyone via email, so please sign up as soon as you get it if you have not already. This will be the primary form of communication. Especially in the event of us having to do classes online, I would like to keep all communication streamlined. I know it is one more thing to learn, but it does make things easier.

Grading Scale:

I will give each individual module a grade. The projects count for 50%, and the module test the other 50%. Two of the modules do not have projects, only tests. I know that some students test well, some do better with the hands-on portion of the course, so my goal is for the grade to reflect the actual knowledge gained and effort put into it. I do not grade the OYO and Study Guide. We will review them in class, and it is to their benefit to have them done. There is NO extra credit given in this class, but participation and effort goes a long way.

Assignments:

The text is 15 modules, which I have broken out over the course of the year. We will cover approximately half of each module each week, and do the OYO questions and experiments as we come to them. We will review the Study Guide on the second week and I will send the test home with the students then. I expect that the tests are to be completed closed-book, without any additional materials.

I will send out a schedule showing the reading to be completed each week, and what will be

covered in each class, and what assignments are due. Each module projects are to be turned in with the completed test.

I have prepared the first semester schedule so far, and have an outline for the second semester. I will complete the second semester schedule in November, when I have a better idea of how fast we are moving, what if any changes need to be made, etc.

Student Behavior:

Please refer to the Student Handbook for Berea policies. Students are to be respectful to not only myself but each other as well, and handle the equipment and supplies with respect.