



Holistic Health Science

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Prerequisites:

- This course is open to 9th through 12th graders.



Course Description:

Holistic Health Science is a high school-level course that explores anatomy, physiology, and health through an integrative lens. Students will study body systems, nutrition, movement, naturopathic principles, herbal traditions, vitamins and supplements, probiotics, essential oils, and supportive wellness practices. Emphasis is placed on understanding how the body functions as an interconnected system and how daily habits influence overall health.

Students will examine different approaches to health, such as chiropractic care, massage therapy, biological dentistry, and nutritional therapy. Students will develop critical thinking skills as they evaluate information, research health topics, and consider varying perspectives within the field of health and wellness.



Commitment:

- 2-4 hours of homework per week can be expected. Homework will typically include reading from the curriculum, completing comprehension questions, studying for quizzes, at-home labs/projects, and preparing for class discussion.
- Some lessons may include additional research assignments, written responses, or reflections connected to hands-on class activities. At times, students may complete simple observational or practical activities at home to reinforce concepts introduced in class.
- Grades will come from quizzes, tests, written assignments, participation, lab reflections, and periodic projects designed to demonstrate understanding and application of course concepts.



A typical class will look like...

Most weeks will begin with review and discussion of previously assigned reading, followed by new instruction and guided notes.

Students may participate in demonstrations, simple hands-on activities, observational exercises, small-group research, or practical applications connected to nutrition and wellness topics.

Class time is designed to reinforce scientific concepts, deepen understanding through discussion, and apply learning to real-world health scenarios.

Students should come prepared to engage respectfully in discussion and participate actively in class activities.



Books and Supplies

Access to the internet for research assignments

[Every Herb Bearing Seed](#) curriculum by Queen Homeschool

Loose leaf paper, pencils, and a 2" binder to keep class papers (We will set up the binder on the first day of classes)

Additional supplies will be emailed prior to school starting (such as a mason jar)