

Twice Born Ministry

HS-K-912-HEA-101: Health, Wellness & Ethical Living

Course Code: HS-K-912-HEA-101

Credit Hours: 0

King James Version (KJV) — Sola Scriptura Curriculum

Generated 2026-07-03

Course Description

HS-K-912-HEA-101: Health, Wellness & Ethical Living

Course Description

Anatomy review, mental health, sexual ethics, substance abuse, and holistic wellness from Scripture.

Core Knowledge facts + honest secular framing + biblical conclusions. Part of the **Twice Born Bible School

Homeschool K-12 **track (grade band 9-12**)**.

Course Details

Learning Outcomes

Upon completion, students will be able to:

- Master Core Knowledge objectives for this subject at the 9-12 level.

- State relevant secular views fairly when applicable.

- Test claims by Scripture (Isaiah 8:20) and conclude biblically.

- Complete module quizzes at 70% or higher (parent proctor allowed).

- Demonstrate readiness for the next grade band or college catalog bridge courses.

Module Structure

9 modules (~4 weeks each). Each includes

exposition, activities, memory work, parent check-in, and aligned quiz.

Tutor AI

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[tb_ai_instructor course_code="HS-K-912-HEA-101"]
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Twice Born Bible School — Homeschool K-12 Track

Course Modules

HS-K-912-HEA-101 — Module 1: Theology of the Body

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 1 of **Health, Wellness & Ethical Living**. This unit covers **Theology of the Body** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Theology of the Body**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Theology of the Body**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Theology of the Body**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)
- • Timeline or outline
- • Module quiz

Memory Work

- Scripture passage (5–10 verses)
- • Key dates/terms list for **Theology of the Body**

Parent Check-In

- Can your child explain **Theology of the Body** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_01_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

HS-K-912-HEA-101 — Module 2: Nutrition and Exercise Science

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 2 of **Health, Wellness & Ethical Living**. This unit covers **Nutrition and Exercise Science** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Nutrition and Exercise Science**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Nutrition and Exercise Science**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Nutrition and Exercise Science**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Scripture passage (5–10 verses)

- Key dates/terms list for **Nutrition and Exercise Science**

Parent Check-In

- Can your child explain **Nutrition and Exercise Science** in their own words?

- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_02_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

HS-K-912-HEA-101 — Module 3: Mental Health and Anxiety

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 3 of **Health, Wellness & Ethical Living**. This unit covers **Mental Health and Anxiety** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Mental Health and Anxiety**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Mental Health and Anxiety**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Mental Health and Anxiety**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Scripture passage (5–10 verses)

- Key dates/terms list for **Mental Health and Anxiety**

Parent Check-In

- Can your child explain **Mental Health and Anxiety** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_03_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

HS-K-912-HEA-101 — Module 4: Sexual Ethics and Purity

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 4 of **Health, Wellness & Ethical Living**. This unit covers **Sexual Ethics and Purity** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know** → **Test** → **Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Sexual Ethics and Purity**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Sexual Ethics and Purity**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Sexual Ethics and Purity**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Scripture passage (5–10 verses)
- • Key dates/terms list for **Sexual Ethics and Purity**

Parent Check-In

- Can your child explain **Sexual Ethics and Purity** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_04_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

HS-K-912-HEA-101 — Module 5: Substance Abuse: Know and Refuse

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 5 of **Health, Wellness & Ethical Living**. This unit covers **Substance Abuse: Know and Refuse** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Substance Abuse: Know and Refuse**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Substance Abuse: Know and Refuse**:

- • Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Substance Abuse: Know and Refuse**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- • Timeline or outline
- • Module quiz

Memory Work

- Scripture passage (5–10 verses)

- • Key dates/terms list for **Substance Abuse: Know and Refuse**

Parent Check-In

- Can your child explain **Substance Abuse: Know and Refuse** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_05_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

HS-K-912-HEA-101 — Module 6: Healthcare Systems and Choices

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 6 of **Health, Wellness & Ethical Living**. This unit covers **Healthcare Systems and Choices** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Healthcare Systems and Choices**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Healthcare Systems and Choices**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Healthcare Systems and Choices**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- • Timeline or outline
- • Module quiz

Memory Work

- Scripture passage (5–10 verses)

- • Key dates/terms list for **Healthcare Systems and Choices**

Parent Check-In

- Can your child explain **Healthcare Systems and Choices** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_06_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

HS-K-912-HEA-101 — Module 7: Bioethics Introduction

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 7 of **Health, Wellness & Ethical Living**. This unit covers **Bioethics Introduction** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Bioethics Introduction**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Bioethics Introduction**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Bioethics Introduction**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Scripture passage (5–10 verses)

- Key dates/terms list for **Bioethics Introduction**

Parent Check-In

- Can your child explain **Bioethics Introduction** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_07_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

HS-K-912-HEA-101 — Module 8: Stress Management and Sabbath

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 8 of **Health, Wellness & Ethical Living**. This unit covers **Stress Management and Sabbath** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Stress Management and Sabbath**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Stress Management and Sabbath**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Stress Management and Sabbath**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according

to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- • Timeline or outline
- • Module quiz

Memory Work

- Scripture passage (5–10 verses)

- • Key dates/terms list for **Stress Management and Sabbath**

Parent Check-In

- Can your child explain **Stress Management and Sabbath** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_08_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

HS-K-912-HEA-101 — Module 9: Wellness Plan for Launch

Grade band: 9-12 | **Subject:** Health | **Weeks covered:** ~4

Introduction

Welcome to Module 9 of **Health, Wellness & Ethical Living**. This unit covers **Wellness Plan for Launch** using

Core Knowledge-style fact-building plus Twice Born Bible School's **Know → Test → Conclude** method.

Open your King James Bible before secular sources. Pray for wisdom and love (James 1:5).

Core Knowledge: What to Learn

Master Core Knowledge facts for **Wellness Plan for Launch**: key terms, dates, names, and concepts appropriate for grade band 9-12. Use encyclopedia, atlas, or approved text.

Scripture Anchor

Primary anchor for **Wellness Plan for Launch**:

- Proverbs 1:7 — "The fear of the LORD is the beginning of knowledge."

Family discussion: Read the passage in context. Ask: Who is speaking? What is promised?

How does this change how we view **Wellness Plan for Launch**?

Know Secular → Test by Scripture → Conclude Biblically

1. Know (Secular/Historical Content)

State the mainstream academic or cultural view fairly — no straw men. Write key vocabulary in your notebook.

2. Test (Scripture)

Use the Isaiah 8:20 principle: "To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."

3. Conclude (Biblical Response)

Conclude: All truth is God's truth; facts discovered honestly glorify the Creator. Where culture contradicts Scripture, we submit to God's Word with courage and love.

Activities

- Written summary (1 page)

- Timeline or outline
- Module quiz

Memory Work

- Scripture passage (5–10 verses)

- Key dates/terms list for **Wellness Plan for Launch**

Parent Check-In

- Can your child explain **Wellness Plan for Launch** in their own words?
- Can they state one secular idea AND one biblical conclusion?
- Complete quizzes/module_09_quiz.json when ready.

College Pathway Note

Related college courses: TBM-HP-101, MED-101, MHFA-101

Twice Born Bible School — Homeschool K-12

Appendix A — Assignments

Week 01

Week 01 Assignment — Reflection Journal

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_01_theology_of_the_body

Learning objective (Bloom's taxonomy)

Students will **analyze** course content from **module_01_theology_of_the_body** with KJV integration and measurable evidence in the submission.

Task

Analyze: Write a 300–500 word reflection on **module_01_theology_of_the_body**. Include at least two KJV citations and one personal application.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, theology

Week 02

Week 02 Assignment — Memory Verse Application

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_02_nutrition_and_exercise_science

Learning objective (Bloom's taxonomy)

Students will **apply** course content from **module_02_nutrition_and_exercise_science** with KJV integration and measurable evidence in the submission.

Task

Apply: Recite this week's memory verse from memory, then write 250 words explaining how it applies to daily discipleship.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, nutrition, exercise

Week 03

Week 03 Assignment — Expository Outline

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_03_mental_health_and_anxiety

Learning objective (Bloom's taxonomy)

Students will **outline** course content from **module_03_mental_health_and_anxiety** with KJV integration and measurable evidence in the submission.

Task

Outline: Produce a structured outline (400+ words) for the main passage in **module_03_mental_health_and_anxiety**. Include pericope titles and one-sentence themes.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, mental, health

Week 04

Week 04 Assignment — Discussion Response

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_04_sexual_ethics_and_purity

Learning objective (Bloom's taxonomy)

Students will **explain** course content from **module_04_sexual_ethics_and_purity** with KJV integration and measurable evidence in the submission.

Task

Explain: Answer two discussion prompts from the Week 4 reading in 200 words each. Cite KJV only.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, sexual, ethics

Week 05

Week 05 Assignment — Practical Ministry Step

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_05_substance_abuse_know_and_refuse

Learning objective (Bloom's taxonomy)

Students will **demonstrate** course content from **module_05_substance_abuse_know_and_refuse** with KJV integration and measurable evidence in the submission.

Task

Demonstrate: Complete one practical ministry action tied to **module_05_substance_abuse_know_and_refuse** (visit, prayer walk, family worship, or service). Submit a 200-word report plus optional photo upload.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Manual review (practical/upload).

Pass: 70%

Rubric (100 points)

Week 06

Week 06 Assignment — Witness Outline

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_06_healthcare_systems_and_choices

Learning objective (Bloom's taxonomy)

Students will **construct** course content from **module_06_healthcare_systems_and_choices** with KJV integration and measurable evidence in the submission.

Task

Construct: Draft a 3-minute spoken witness outline using this week's theme. Include gospel bridge, one objection with biblical answer, and call to faith.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, healthcare, systems

Week 07

Week 07 Assignment — Cross-Reference Study

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_07_bioethics_introduction

Learning objective (Bloom's taxonomy)

Students will **compare** course content from **module_07_bioethics_introduction** with KJV integration and measurable evidence in the submission.

Task

Compare: Find three cross-references that illuminate **module_07_bioethics_introduction**. Write 400 words comparing themes (OT + NT).

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, bioethics, introduction

Week 08

Week 08 Assignment — Historical Context Brief

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_08_stress_management_and_sabbath

Learning objective (Bloom's taxonomy)

Students will **describe** course content from **module_08_stress_management_and_sabbath** with KJV integration and measurable evidence in the submission.

Task

Describe: Write 350 words on historical/literary context for **module_08_stress_management_and_sabbath**. Minimum four KJV citations.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, stress, management

Week 09

Week 09 Assignment — Christological Connection Essay

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_09_wellness_plan_for_launch

Learning objective (Bloom's taxonomy)

Students will **evaluate** course content from **module_09_wellness_plan_for_launch** with KJV integration and measurable evidence in the submission.

Task

Evaluate: Explain how **module_09_wellness_plan_for_launch** points to Christ in 400–600 words. Use literal-grammatical-historical method.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, wellness, launch

Week 10

Week 10 Assignment — Teaching Prep

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_09_wellness_plan_for_launch

Learning objective (Bloom's taxonomy)

Students will **design** course content from **module_09_wellness_plan_for_launch** with KJV integration and measurable evidence in the submission.

Task

Design: Prepare a 5-minute teaching outline for **module_09_wellness_plan_for_launch** suitable for a small group or homeschool lesson.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, wellness, launch

Week 11

Week 11 Assignment — Integration & Review

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Week focus: module_09_wellness_plan_for_launch

Learning objective (Bloom's taxonomy)

Students will **synthesize** course content from **module_09_wellness_plan_for_launch** with KJV integration and measurable evidence in the submission.

Task

Synthesize: Synthesize the top five themes from Health, Wellness & Ethical Living. 600 words, minimum six KJV citations, one paragraph on personal growth.

Submit: Text via LMS assignment form. PDF upload optional for longer work.

Grading

Grading mode: Auto-grade eligible (written text).

Pass: 70%

Rubric (100 points)

Auto-grade hints

Keywords for automated pre-check: KJV, Christ, Scripture, God, module, wellness, launch

Week 12

Learning objective (Bloom's taxonomy)

Students will **create** an original ministry artifact synthesizing Health, Wellness & Ethical Living with KJV fidelity and scholarship-gallery quality.

Week 12 Assignment — Creative Ministry Project

Course: HS-K-912-HEA-101 · Health, Wellness & Ethical Living

Complete your Creative Ministry Project. See course `creative_project.md` for full specs.

Grading

Grading mode: Manual review (creative upload).

Pass: 70%

Rubric (100 points)

Creative Ministry Project

Creative Ministry Project — HS-K-912-HEA-101

Course: Health, Wellness & Ethical Living

Code: HS-K-912-HEA-101

Overview

Complete an original **Creative Ministry Project** demonstrating what you learned in this course. Select one project type when submitting your assignment. Approved work may appear in the [Scholarship Gallery](<https://twicebornministry.com/bible-school/scholarships/>) so supporters can **donate toward student scholarships** — you retain credit and ownership of your work.

> This is ministry education, not a sale of intellectual property. Donations fund scholarships.

Project types

Requirements

Original work — cite all Scripture in KJV; footnote other sources.

Course connection — explicitly tie your project to at least two module themes from HS-K-912-HEA-101.

Ministry focus — aim to edify believers or reach seekers with the gospel.

Upload — submit via the **Creative Ministry Project** assignment at the end of the course; select your project type in the form.

Length guides:

- Written: 800–1500 words
- Audio/Video: see durations above
- Photography: 1–3 images + caption
- Application: working prototype + 300-word user guide

Grading rubric (100 points)

Pass: 70%

Scholarship gallery

If your project is approved, it may be listed at /bible-school/scholarships/ with a **Support this student** donation button. Supporters give toward the scholarship fund for your project type — not to purchase your content.

Prayer

> *"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer."* — Psalm 19:14 (KJV)