

# One Year [A]+[C] Schedule for Dr. Robin's School

[A] schedule is gentle/once a week. [C] schedule is rigorous/3-4 times a week. A checkbox indicates that a lesson **is** part of the schedule. No checkbox indicates that the lesson exists but **is not** part of the schedule.

Module	Week	A	C	Lesson	Description
Introduction	0	<input type="checkbox"/>	<input type="checkbox"/>	Draw a Human Cell	What are the organelles inside a cell and what do they do? And what are organelles anyway?
Circulatory System & Heart	1	<input type="checkbox"/>	<input type="checkbox"/>	DIY Heart Pump	What does the heart do? How does it do that? Make your own working model!
			<input type="checkbox"/>	Systole & Diastole	What happens when the heart squeezes and relaxes?
			<input type="checkbox"/>	Intro to the Heart	What does the heart do and why is it so important?
	2	<input type="checkbox"/>	<input type="checkbox"/>	Blood and Blood Components	What makes blood red? What else does blood do?
			<input type="checkbox"/>	Heart In Situ Coloring	Where does the blood go when it leaves the heart? Where does it come back from?
			<input type="checkbox"/>	Heart In Situ Modeling	Where does the blood go when it leaves the heart? Where does it come from when it returns? How does it all fit
	3		<input type="checkbox"/>	Intro to Blood Pressure	What does blood pressure mean? How is it measured?
			<input type="checkbox"/>	Heart Murmurs, Attacks, and Failure	What can go wrong with the heart and why does it happen?
		<input type="checkbox"/>	<input type="checkbox"/>	Taking Good Care of Your Heart	How do our choices affect the heart and how can we help the heart do its job?
	4	<input type="checkbox"/>	<input type="checkbox"/>	Stethoscopes	What is a stethoscope and how is it used to listen to the heart?
			<input type="checkbox"/>	EKGs	How do EKGs work and what can they tell us?
			<input type="checkbox"/>	Heart Dissection	Does a heart actually look like the drawings in books or the models?
			<input type="checkbox"/>	Careers: Cardiology	
	Respiratory System	5		<input type="checkbox"/>	Intro to Lungs
<input type="checkbox"/>			<input type="checkbox"/>	DIY Lungs Model	How do you get air into your lungs? Why do you need a diaphragm?
			<input type="checkbox"/>	How We Make Speech	How does speech happen and what areas of the body are involved? (Hint: it's not just the vocal cords!)
			<input type="checkbox"/>	Pneumonia	What are the different kinds of pneumonia and how do doctors determine them? See for yourself on real X-rays!
6		<input type="checkbox"/>	<input type="checkbox"/>	Asthma	What is asthma? Why do people use inhalers?
			<input type="checkbox"/>	COPD and Smoking	What can go wrong with the lungs, and why?
			<input type="checkbox"/>	Careers: Pulmonology	
			<input type="checkbox"/>	Careers: Respiratory Therapist	
			<input type="checkbox"/>	Careers: Speech Therapist	

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Endocrine System	7		<input type="checkbox"/>	Intro to Hormones	What are hormones and how are they different from nerves?
			<input type="checkbox"/>	The HPA Axis	If our brain is in charge, how does that connect with hormones?
		<input type="checkbox"/>	<input type="checkbox"/>	Candy & Blood Sugar	Why do we love candy but it makes us feel so bad? What's a better way to get our sugar fix?
			<input type="checkbox"/>	Diabetes	What is diabetes and why are there sharp things involved?
	8	<input type="checkbox"/>	<input type="checkbox"/>	How We Grow	We all grow, but how? And where in our bodies? How do our organs know when to stop growing?
			<input type="checkbox"/>	Thyroid	Our metabolism is somewhere between a hummingbird and a sloth...but how?
		<input type="checkbox"/>	Careers: Endocrinology		
Gastrointestinal System	9		<input type="checkbox"/>	GI Overview	How do all the organs of the GI system work together to nourish you?
		<input type="checkbox"/>	<input type="checkbox"/>	Inside the Mouth	What are the parts of the mouth and how do they all work together? How does taste actually work, what are the bumps
			<input type="checkbox"/>	Teeth	Why do we have different kinds of teeth and how do dentists count them?
			<input type="checkbox"/>	Mini Activity: Dental Chart	How to dentists fill out dental charts?
	10	<input type="checkbox"/>	<input type="checkbox"/>	Dental Care	Why do teeth fall out? And why do they stay in? What are cavities and how do braces work?
			<input type="checkbox"/>	The Stomach and What Goes Wrong	Why do we vomit? What are ulcers?
			<input type="checkbox"/>	The Small Intestine	What does a small intestine do and what would happen if it didn't?
	11		<input type="checkbox"/>	The Liver and Hepatitis	What does the liver do and why does hepatitis matter?
		<input type="checkbox"/>	<input type="checkbox"/>	Liver Enzyme Experiment	What happens when liver detoxifies a waste product in your body?
			<input type="checkbox"/>	Liver Dissection	What does a liver look like in real life?
			<input type="checkbox"/>	The Pancreas	What jobs does the pancreas have?
	12		<input type="checkbox"/>	The Large Intestine	Why do we need a large intestine and what can go wrong?
<input type="checkbox"/>		<input type="checkbox"/>	Modeling the GI System	How do the organs of digestion fit together to nourish your body? Make your own model out of clay!	
		<input type="checkbox"/>	Careers: Gastroenterology		
		<input type="checkbox"/>	Careers: General surgeon		

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Immune System	13		<input type="checkbox"/>	Intro to the Immune System: Innate and Acquired	How is our body like a castle? How do we keep safe from infection?
			<input type="checkbox"/>	Intro to the Immune System: Meet the White Blood Cells	What are the different white blood cells and how do they work together to keep us safe?
		<input type="checkbox"/>	<input type="checkbox"/>	Bugs & Drugs	What are viruses, bacteria, and fungus? How are they different from each other and how are they treated?
			<input type="checkbox"/>	Vaccines	How do vaccines work? Are there different types?
	14		<input type="checkbox"/>	Scarlet Fever & Strep Throat	How are scarlet fever and strep throat related, and why aren't they as big a deal as they used to be?
		<input type="checkbox"/>	<input type="checkbox"/>	Allergies and Anaphylaxis	What goes wrong during an allergic reaction? Why is it important to not bringing peanuts to certain activities?
			<input type="checkbox"/>	Autoimmune Diseases	Why would the immune system attack a person's own body? What can be done to help?
			<input type="checkbox"/>	Careers: Immunology	
			<input type="checkbox"/>	Careers: Infectious Disease	
			<input type="checkbox"/>	Careers: Rheumatology	
Musculoskeletal System	15		<input type="checkbox"/>	Intro to Bones	What are the different kinds of bones and their jobs?
		<input type="checkbox"/>	<input type="checkbox"/>	Intro to Joints	What the different kinds of joints and their jobs?
			<input type="checkbox"/>	Intro to Muscles	What are muscles and how do they allow us to move?
			<input type="checkbox"/>	Chicken Dissection	How is the inside of a chicken like the inside of a human? The answer is: in more ways than you'd think!
	16		<input type="checkbox"/>	Feet	Why are feet important and how do you care for them?
		<input type="checkbox"/>	<input type="checkbox"/>	The Skull	What does your skull do for you? More than you think!
			<input type="checkbox"/>	Muscles of the Facial Expression	The muscles of the face are amazing...see them at work with the help of a little face paint!
			<input type="checkbox"/>	Cleft Lip & Limb Differences	What is cleft lip and what other differences can occur while the body is forming?
			<input type="checkbox"/>	Careers: Physical Therapy	
			<input type="checkbox"/>	Careers: Orthopedic surgery	
Integumentary System (Skin)	17		<input type="checkbox"/>	Intro to Skin, Hair, and Nails	What does our skin do? Why is it considered an organ? What are hair and nails?
		<input type="checkbox"/>	<input type="checkbox"/>	Cuts & Bruises	How do we heal? What's the difference between a cut and a bruise?
			<input type="checkbox"/>	UV Damage	Why is it important to protect our skin? And how?
			<input type="checkbox"/>	Careers: Pathology	
			<input type="checkbox"/>	Careers: Dermatology	

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Neurologic System	18	<input type="checkbox"/>	<input type="checkbox"/>	The Brain	What is the brain and how is it organized?
			<input type="checkbox"/>	Spine & Spinal Cord	What is the difference between a spinal cord and a spinal column? Why do you need them?
			<input type="checkbox"/>	Grey and White Matter	Are you using your grey matter? What about your white matter? Learn how they both matter!
	19	<input type="checkbox"/>	<input type="checkbox"/>	Sleep	We all have to sleep, but why? What are dreams for? And how can we get better sleep?
			<input type="checkbox"/>	Inner Brain Health	How do our feelings help us survive, what do we do when they're not helpful, and where are they in our brains and
			<input type="checkbox"/>	Using the Frontal Lobe	How do we make choices between what we SHOULD do and what we WANT to do, and how do we know what we should
	20	<input type="checkbox"/>	<input type="checkbox"/>	Amygdala	Where does the fight/flight/freeze response come from? Our brains are good at protecting us from bears but not so much
			<input type="checkbox"/>	Epilepsy	What is epilepsy? How is it diagnosed and treated? How can we be a good friend to someone with epilepsy?
			<input type="checkbox"/>	Careers: Neurology	
8 Senses	21	<input type="checkbox"/>	<input type="checkbox"/>	Intro to the 8 Senses	How did we come up with 8 senses? What are they?
			<input type="checkbox"/>	Draw a Human Eye	What are the parts of the human eye and how do they allow us to see?
			<input type="checkbox"/>	Touch	How does touch work? What happens when it doesn't?
	22		<input type="checkbox"/>	Proprioception	How do you know where your fingers are? Find out about the incredible sense of proprioception!
		<input type="checkbox"/>	<input type="checkbox"/>	The Tongue and Nose	What is taste? How does a stuffy nose affect it?
			<input type="checkbox"/>	Interoception	Have you ever wondered how you know when you're hungry? Interoception is the answer!
	23	<input type="checkbox"/>	<input type="checkbox"/>	The Ear and Hearing	How does hearing work and why does it sometimes not?
			<input type="checkbox"/>	Hearing & Vibrations	How do vibrations allow us to hear?
			<input type="checkbox"/>	Ear Infections	What are ear infections and why do we get them?
	24	<input type="checkbox"/>	<input type="checkbox"/>	Vestibular System	What does your inner ear have to do with being dizzy? What is vertigo and why are there rocks in your head?
			<input type="checkbox"/>	Tuning Fork	Why is a tuning fork with the medical instruments and what is it anyway?
			<input type="checkbox"/>	Careers: Anesthesiology	
		<input type="checkbox"/>	Careers: ENT		
Genetics	25	<input type="checkbox"/>	<input type="checkbox"/>	Intro to Genetics & The Human Genome	What is DNA? What are genes? How has our understanding of genetics changed in the recent decades?
			<input type="checkbox"/>	Mitosis & Meiosis	How do we have identical copies of our DNA in every cell but different DNA from our siblings?
			<input type="checkbox"/>	Protein Synthesis	How does our DNA actually DO anything in our body?
			<input type="checkbox"/>	The Genetics of Earwax	Did you know earwax is genetic? How do your genes compare with your actual earwax?

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Genetics	26		<input type="checkbox"/>	Blood Type	What is blood type and what does it have to do with our genetics?
			<input type="checkbox"/>	Punnett Squares	How do geneticists write out the possible combinations of genes? What's the likelihood of a specific combination?
		<input type="checkbox"/>	<input type="checkbox"/>	Pedigrees	How to draw a genetic family tree--yours or someone else's!
			<input type="checkbox"/>	Careers: Geneticist	
Putting it Together (used with B+C schedules only)	27		<input type="checkbox"/>	Follow a Red Blood Cell	Where do red blood cells come from and where do they go? And did you know your body has a recycling program?
			<input type="checkbox"/>	Follow the Oxygen	Where does oxygen go in the body and why do we need it so much?
			<input type="checkbox"/>	Mitochondria Mini Lesson	A supplement to Follow the Oxygen - how exactly does the mitochondria convert oxygen into energy?
	28		<input type="checkbox"/>	Follow the Iron	How does iron move through your body? Watch this lesson after Small Intestine and Blood Components
			<input type="checkbox"/>	Hereditary Hemochromatosis (Iron	What causes iron overload and what do we do about it?
			<input type="checkbox"/>	Careers: Nurse	
Nutrition	29		<input type="checkbox"/>	Intro to Nutrition	Why is it so tricky to study nutrition?
			<input type="checkbox"/>	Water	What does water do for us?
			<input type="checkbox"/>	Fiber	We don't even digest it so why is it so important to eat?
	30		<input type="checkbox"/>	Protein	Where do we get protein and what does it do?
			<input type="checkbox"/>	Fat	Where do we get fat and what does it do?
			<input type="checkbox"/>	Carbohydrates	Where do we get carbohydrates and what do they do?
	31		<input type="checkbox"/>	Vitamin	What are vitamins, why do we need them, and how do we get them?
			<input type="checkbox"/>	Minerals	What are minerals, how do we get them, and how do we eat rocks without eating rocks?
		<input type="checkbox"/>	<input type="checkbox"/>	How to Read Food Labels	Why is choosing the food we eat so complicated? How do our brains trick us and what can we do about it?
Healthy Choices	32	<input type="checkbox"/>	<input type="checkbox"/>	Safety	How do we make safe choices when we don't know what the safe choice is to make?
			<input type="checkbox"/>	Habits	How do we form habits, and how can implementing the tiniest things change our lives for the better?
			<input type="checkbox"/>	Thinking About the Future	How do you build a happy, fulfilling life? It's easier than you think!
			<input type="checkbox"/>	Careers: Different Paths	