

LifePath

One Body for Life



DOCROBINSCHOOL.COM

From the Desk of **Dr. Robin Dickinson, MD**

COURSE SYLLABUS

The owner's manual for the human body.



60+ Video Lessons



Ages 8–18

Physician-designed. Family-tested. No textbooks required.

| ONE BODY FOR LIFE

LifePath: One Body for Life is the complete physician-built human body curriculum. It covers **every major body system** from the lungs and heart to the nervous system, nutrition, and healthy choices.

Anatomy, physiology, pathophysiology, and real-world application are all in one place.

Designed for ages 8–18, taught by Dr. Robin, and built around what patients actually need to understand about their own health. At two lessons per week, the course covers approximately one full school year.



Students who complete One Body for Life and want to continue into a more clinical program are typically ready for **MedPath Level 2**.

| Who It's For

LifePath: One Body for Life is **designed for ages 8–18**. The same lessons work for a curious third grader and a high schooler.

Because understanding your body is relevant at every age, and the material can be absorbed at multiple levels.

LEARNING OBJECTIVES

- ✓ Explain how the major body systems work, including what each system does, how the parts fit together, and how systems interact with each other.
- ✓ Identify what happens when body systems go wrong, including common conditions, diseases, and how they're treated.
- ✓ Analyze how daily choices affect their body systems, including the role of nutrition, sleep, movement, and stress management in health.
- ✓ Communicate confidently with healthcare providers using accurate medical vocabulary and demonstrating understanding of their own body's functions.
- ✓ Approach their body with curiosity and understanding, recognizing both how healthy systems work and how people live well with chronic conditions.

| The Dr. Robin Method

Every topic follows the same proven structure: moving students from **watching** to **doing** to **applying**.

1

Watch

Physician-led video lessons that make complex biology click. Dr. Robin does the teaching. No parent prep required. Just press play.

2

Color

Color, take notes, or complete an activity alongside the lesson. The Master Guide has everything in one place.

3

Apply

Life Application Questions ask students to connect what they've learned to real health decisions, their own body, and the world around them.

| What Students Get

YOUR COURSE MATERIALS

- ☐ **Lesson Videos** 60+ Physician-led video lessons covering every major body system.
- ☐ **Coloring Lessons** Medically-accurate diagrams for every lesson. Available as a PDF printable — or as Dr. Robin's printed coloring book on Amazon (included for MedPath annual plan students).
- ☐ **The LifePath Master Guide** A single workbook that brings everything together. Students work through it alongside the lessons.
- ☐ **Guided Notes** Structured notes that match each physiology and pathophysiology lesson, so students engage with the material, and retain what they learn.
- ☐ **Hands-On Activities** Included for every body system — models, experiments, and simulations that connect the biology to the real world. Supply lists use household items where possible.
- ☐ **Life Application Questions** Short essay prompts that ask students to connect what they've learned to their own health, choices, and daily life.

MODULE 1

Respiratory System

LESSONS

#	Lesson	Lenght
1	Color: Lungs in Situ	26:40 min
2	Color: Bronchi and Alveoli	11:47 min (kid version)
3	Color: How We Make Speech	22:29 min
4	Notes: Fundamentals of the Lungs	23:59 min
5	Notes: Asthma	30:52 min
6	Notes: COPD	31:54 min
7	Activity: DIY Lungs Model	13:19 min
8	Activity: Vocal Cord Model	
9	Life Application Question	

MODULE 2

Cardiovascular System

LESSONS

#	Lesson	Lenght
1	Color: Heart Exterior	19:14 min (kid version)
2	Color: Heart Interior	11:47 min (kid version)
3	Color: Circulatory System	21:57 min (kid version)
4	Notes: Blood and Blood Components	24:14 min
5	Notes: Blood Type	26:20 min
6	Notes: Heart Attacks, Heart Murmurs, & Heart Failure	30:18 min
7	Notes: Taking Good Care of Your Heart	18:59 min
8	Activity: DIY Heart Pump Modeling	13:27 min
9	Life Application Question	

MODULE 3

Urinary System

LESSONS

#	Lesson	Lenght
1	Color: Kidneys and Bladder	19:14 min
2	Color: Kidney and Nephron	11:47 min (kid version)
3	Activity: Hydration and Urine	21:57 min
4	Life Application Question	

MODULE 4

Gastrointestinal System

LESSONS

#	Lesson	Lenght
1	Color: Inside the Mouth	16:44 min
2	Color: Digestive System	32:13 min
3	Notes: Teeth	27:36 min
4	Notes: Dental Care	18:25 min
5	Notes: The Stomach and What Goes Wrong	24:55 min
6	Activity: Dental Chart	07:45 min
7	Activity: Modeling the GI System	21:50 min
8	Life Application Question	

MODULE 5

Endocrine System

LESSONS

#	Lesson	Lenght
1	Notes: Bugs and Drugs	35:50 min
2	Notes: Ear Infections	29:26 min
3	Notes: Fundamentals of the Immune System	21:43 min
4	Notes: Vaccines	26:28 min
5	Notes: Allergies and Anaphylaxis	24:11 min
6	Notes: Autoimmune Diseases	16:50 min
7	Activity: add a hand washing/germ activity from project manual	
8	Life Application Question	

MODULE 6

Integumentary System

LESSONS

#	Lesson	Lenght
1	Lesson: Cuts and Bruises	
2	Lesson: UV Damage	
3	Activity: UV Light and Skin Protection	
4	Life Application Question	

MODULE 7

Musculoskeletal System

LESSONS

#	Lesson	Lenght
1	Color: Axial Skeleton	15:34 min
2	Notes: Fundamentals of Bones	19:17 min
3	Notes: Fundamentals of Muscles	20:33 min
4	Notes: Cleft Lip and Limb Differences	16:55 min
5	Add model of muscle and arm from project manual	
6	Life Application Question	

MODULE 8

Nervous System

LESSONS

#	Lesson	Lenght
1	Color: Brain	22:48 min
2	Notes: The Brain	31:30 min
3	Notes: The Spine and Spinal Cord	19:42 min
4	Notes: Sleep	30:03 min
5	Notes: Inner Brain Health	29:29 min
6	Notes: Using the Frontal Lobe	24:22 min
7	Notes: Amygdala	23:30 min
8	Color: Autonomic Nervous System	19:45 min
9	Notes: Epilepsy	25:24 min
10	Activity: Sleep Plan	
11	Life Application Question	

MODULE 9

The Eight Senses

LESSONS

#	Lesson	Lenght
1	Notes: Fundamentals of the 8 Senses	29:17 min
2	Color: Eye	18:38 min
3	Color: Ear	17:52 min
4	Notes: Touch	21:48 min
5	Notes: Proprioception	13:12 min
6	Notes: The Tongue and Nose	35:43 min
7	Notes: Interoception	22:35 min
8	Activity: Exploring Taste	
9	Life Application Question	

MODULE 10

Nutrition

LESSONS

#	Lesson	Lenght
1	Notes: Water	07:25 min
2	Notes: Fiber	09:31 min
3	Notes: Protein	08:38 min
4	Notes: Carbohydrates	06:27 min
5	Notes: Fat	07:29 min
6	Notes: Vitamins	16:17 min
7	Notes: Fat vs Water Soluble Vitamins	06:01 min
8	Notes: Minerals	13:17 min
9	Notes: How to Read Food Labels	18:38 min
10	Activity: Meal Planning	
11	Life Application Question	

MODULE 11

Healthy Choices

LESSONS

#	Lesson	Lenght
1	Notes: Safety	26:09 min
2	Notes: Habits	28:58 min
3	Notes: Thinking About the Future	30:30 min
4	Life Application Question	



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Enroll today at docrobinschool.com/lifepath.

The complete physician-built human body curriculum — one course, every major system, for ages 8–18.

Over **60 physician-led video lessons**, medically-accurate coloring pages, guided notes, hands-on activities, and Life Application Questions. Everything in one workbook. No parent prep required.

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