



## Course Outline

### Course number:

MM-29.

### Course Description

*This online course is composed of weekly, interactive Sunday classes live on Zoom, video lectures and demonstrations, audio lectures, and other downloadable resources. Each two-hour Sunday Class begins with a devotional, followed by an in-depth lecture with Dr. Joyce Choe and Mercy Ballard. This course will cover leaky gut, digestive issues, autoimmunity, the microbiome, inflammatory vs. healing foods, the history of medical missionary work, Health in the Bible and preparing foods from both the 4-day Therapeutic Menu and Autoimmune Plant-Based Cookbook.*

### Course Content

*This training course consists of 3 learning areas:*

- 1. Health Lectures*
- 2. History of Medical Missionary Work Lectures*
- 3. Health in the Bible Lectures*

### Recommended Textbook:

- The Autoimmune Plant Based Cookbook: Recipes to Decrease Pain, Optimize Health, and Maximize Your Quality of Life Cost: \$25 USD hard-copy; \$10 USD Electronic.*
- Purchase at: <https://wholenessmarket.com>*

**Additional course content includes: food demonstration videos; resources.**



## Curriculum Standards

1. Examine the components of healthy living and coaching
2. Recall the Seventh-day Adventist history of medical missionary work
3. Identify principles of health in the Bible

## Learning Outcomes:

Learning Outcomes	Curriculum Standard #
Analyze the factors of autoimmune diseases	1
Demonstrate a basic understanding of the microbiome	1
Evaluate the components of the diet that eliminates toxins	1
Discern the health evaluation form, 4-day therapeutic menu, shopping list, waiver form, letter of interest, and techniques of health coaching	1
Recall how medical missionary work started and progressed	2
Recognize events, locations and key individuals in the History of Medical Missionary Work	2
Identify natural remedies and uses in the Bible	3
Recall principles for studying health in the Bible	3

## Teaching Methods

*A variety of instructional methods are used in teaching at Med Missionary. Delivery methods include:*

- *Online devotional presentations using PowerPoints; PDFs; pictures*
- *Online interactive instruction; screen-sharing documents, etc.*
- *Video Lectures, evidence-based information; PowerPoints; pictures; peer-reviewed article quotations*
- *AudioLectures; PDF notes; PowerPoints*
- *Video Demonstrations; recipe lists*



## Assessment Methods

*Completion counts as part of the process towards assessment. When all learning areas are complete, tests will automatically be available to complete at the pace of the learner, keeping in mind the assessment deadline.*

*Online Tests format are multiple choice questions. There is a total of 7 short tests as indicated in the table below:*

Learning Areas	# of Tests
Health Lectures	1
History of Medical Missionary Work (1 short test per audio lecture)	5
Health in the Bible Lectures	1
TOTAL	7

*Students are required to achieve 80% or higher on each test to obtain a certificate of completion. Please note that tests can be re-taken as many times as necessary up until the test deadline.*