

Vitae I – Week 3 Assignment Sheet

Chapter 3: Rhythms of Life

Estimated Weekly Time Commitment: 3.5–5 hours

(includes 90 minutes/day of physical stewardship)

1. Intentional Movement Before Study (5 minutes daily)

Each day, begin your Vitae work with 2–5 minutes of embodied preparation.

Suggested practice:

- Sit tall or stand upright
- Inhale 4, hold 2, exhale 6—repeat 3 times
- Stretch arms, roll shoulders, and walk 10 quiet steps with awareness

This is a way of aligning body and mind before study.

2. Overview Lecture – “Rhythms of Life”

Estimated Time: 10–12 minutes

Read or listen to this week’s lecture aloud. Reflect on the Goldilocks metaphor and the idea that balance—not force—is the form of health.

3. Assignment – Homeostasis in Action

Estimated Time: 20–30 minutes

Task:

Write one paragraph (5–7 sentences):

Choose one system (nervous, respiratory, endocrine, digestive) and explain how it contributes to homeostasis. What happens when this system is out of rhythm?

4. Moral Reflection – Sabbath and Order

Estimated Time: 20–25 minutes

Task:

Read Exodus 20:8–11. Then write 5–7 thoughtful sentences:

What is the Sabbath for—and what happens when we ignore it? How is your body's need for rest a mirror of creation?

5. Discussion Forum – Balance and Rhythm

Estimated Time: 30 minutes

Initial Post (Due Thursday)

Share one insight about rhythm from this week's reading or lecture. How does it change the way you think about your habits?

Reply Post (Due Saturday)

Choose a peer's post. Offer a meaningful response, connection, or question.

6. Physical Stewardship – Daily Movement Requirement

You are expected to complete 90 minutes of physical movement each weekday (Monday–Friday).

Examples:

- Walking, strength work, stretching
- Sports, household labor, mobility routines
- Slow movement + breathwork

You are graded on logging your movement—not what you did.

Even if you sat still, say so. Formation begins with honesty.

7. Vocabulary Familiarization – Study and Retain

You are expected to know these terms and use them fluently in your writing, discussions, and assessments.

Latin / Scientific Terms

- homeostasis (*hoh-mee-oh-STAY-sis*)
- aqua (*AH-kwah*) – water
- temperatura (*tem-peh-rah-TOO-rah*) – temperature
- circadian
- feedback loop
- regulation
- vasodilation / vasoconstriction
- melatonin
- parasympathetic

Theological / Moral Terms

- Sabbath
- rhythm
- restoration
- balance
- order
- fatigue
- creatureliness

8. Optional Reading and Visualization – Gray’s Anatomy for Students (5th Edition)

To support your understanding of the human body as an integrated structure, refer to these sections:

- Chapter 1: The Body – Introduction to body systems and anatomical orientation
- Chapter 2: Back – Spinal structure and posture
- Table of Body Systems (front matter or early pages) – System names and overview diagrams

Focus on system overview illustrations. This is a foundation week—use Gray’s to reinforce the idea of the body as a structured whole.