

The Vitae Graduate: A Four-Year Formation in Health, Morality, and the Human Person

Students who complete all four years of the Vitae Formation Track at Virtualis graduate with a rare level of insight into the human body—not just scientifically, but morally, spiritually, and practically. This is not a typical health or elective course. It is a four-year, liberal arts–anchored formation in bodily stewardship, rooted in the classical model of integrated knowledge and governed by the harmony of faith and reason.

By the end of high school, a Vitae graduate will be able to:

1. Understand the Human Body with Clarity and Confidence

- Demonstrate mastery of all major human body systems—skeletal, muscular, nervous, endocrine, respiratory, circulatory, digestive, urinary, immune, and reproductive—studied in depth over time, not in isolation.
- Use correct anatomical and physiological terminology, including directional language and Latin/Greek roots.
- Accurately diagram and label structures and explain the function and interdependence of the body's systems.
- Enter college-level anatomy and physiology courses with a significant advantage, due to repeated exposure and applied knowledge over four years.

2. Interpret and Apply Real Medical Information

- Be familiar with 100–150 of the most common lab results, including CBCs, metabolic panels, lipid levels, thyroid and hormone markers, and indicators of inflammation and immune function.
- Understand the general meaning and purpose of these lab values, how they relate to health and disease, and how they are interpreted within systems of the body.
- Approach personal or family medical decisions with greater confidence and the ability to ask informed questions.

3. Engage Theology, Scripture, and Bioethics in a Meaningful Way

- Understand and articulate a Christian anthropology of the body: that the body is a gift with intrinsic dignity, not a project to be optimized or redefined.
- Apply biblical and theological insight to modern moral issues, including aging, fertility, chronic pain, gender ideology, transhumanism, contraception, and end-of-life care.
- Memorize and reflect on Scripture passages related to the body—such as Genesis 1, Psalm 139, 1 Corinthians 6, Romans 12—and integrate them into weekly learning.

- Engage Classical sources (e.g., Catechisms, St. John Paul II, Hippocrates, Aquinas) alongside scientific concepts to form a coherent moral worldview.

4. Practice Personal Stewardship and Healthy Rhythms

- Cultivate daily habits of sleep, nutrition, movement, and screen use that reflect discipline and gratitude rather than impulsivity or neglect.
- Understand how early life patterns affect long-term health outcomes, especially with regard to energy, focus, hormonal balance, and mental well-being.
- View healthspan—not just lifespan—as a moral responsibility: the long-term stewardship of one's body for the sake of family, vocation, and the common good.
- Sustain daily exercise rhythms rooted in years of intentional physical stewardship, including guided strength, mobility, and endurance training.
- Graduate with a more advanced understanding of exercise science and physical training than most adults—including the principles behind muscle development, cardiovascular conditioning, injury prevention, and recovery—and be equipped to apply this knowledge to personal health, family leadership, and long-term flourishing.

5. Recognize and Discern Bodily Vocation

- Explore a wide range of healthcare and human-service vocations—from medicine, nursing, and physical therapy to public health, bioethics, chaplaincy, elder care, and family caregiving.
- Understand the theological and moral meaning of healing, and how bodily care—whether through science, service, or daily life—can become a form of justice, love, and mercy.
- Reflect on the difference between a career and a calling, and evaluate how their personal gifts may serve others through work with or for the body.
- Complete a senior capstone project integrating anatomy, theology, and moral reasoning—through a thesis, oral presentation, or case study—modeled on classical senior rhetoric projects.

6. Contribute to the Recovery of Classical Education

Vitae is not an elective added onto a classical education—it is a new expression of the classical tradition itself.

- Like the liberal arts, Vitae trains students in observation, memory, logic, expression, and integrated knowledge.
- Like the medieval curriculum, it unites physical realities with metaphysical truths, restoring the harmony between science, ethics, and theology.

- It elevates the study of the body to its rightful place among the formative disciplines, connecting biology to beauty, medicine to morality, and stewardship to sacramentality.
- In a world where the body is often misunderstood, manipulated, or ignored, Vitae equips students to live in the truth of who they are—and how they are made.

Summary

The Vitae graduate:

- Knows how the body works
- Understands its moral and theological meaning
- Lives with habits of discipline and stewardship
- Understands the long-term components of human longevity—including movement, sleep, nutrition, stress regulation, and moral purpose—and how they serve vocation, clarity of mind, and sustainable service to others
- Thinks clearly about modern medical and ethical questions
- And sees their own body—not as a burden or ornament—but as the place where vocation, virtue, and service begin