**Introduction to Wellness I Course Outline**

**Course Title and Number:** Introduction to Wellness I (5115)

**Department:** Physical Education/ Wellness

**Course Description:** This course is designed to provide students with up-to-date and accurate information to aid in refining personal decision-making skills. The major components of the program are Nutrition, RAPPP (Responsible Attitudes towards Pregnancy Prevention and Parenting), Bullying and Harassment, and Addictive Behaviors.

**Primary Course Materials:** Writing utensil and notebook are required. Videos and DVDs are shown often. RAPPP notebooks are provided and are kept in the classroom. Infant simulators will be taken home for 48 hours. Most of the test and quizzes will be available in class or online at the Physical Education/ Wellness Department websites.

**Course Objectives:** By the end of this course, students will know and be able to acquire the knowledge and skills necessary to make effective personal decisions that promote their emotional, sexual, and reproductive health. Students will also learn the importance of nutrients in their diet and understand of relationship between calorie intake and expenditure. In addition, students will understand the importance of sunscreen and the harmful effects of the sun.

* + Understand personal thoughts and feelings regarding early parenthood.
	+ Develop and understanding about how much they know or don't know about their own sexuality; birth control, STI's and parenthood.
	+ Use the steps in the decision making model.
	+ Be able to set goals.
	+ Develop an action plan for reaching those goals.
	+ Be able to identify the parts of the female reproductive system.
	+ Be able to explain the function of the ovaries, fallopian tubes, cervix, vagina, uterus, and ovum.
	+ Be able to identify each part of the male reproductive system.
	+ Be able to explain the function of the penis, testicles, scrotum, vas deferens, urethra, sperm, epididymis, and prostate gland.
	+ Be able to identify the difference between infatuation and love.
	+ Identify behaviors to maintain emotional and physical intimacy without sexual intimacy.
	+ Be able to make knowledgeable decisions regarding their sexuality.
	+ Be able to define contraception.
	+ Be able to understand the advantages and disadvantages of different methods of contraception.
	+ Be able to understand how different methods of birth control work.
	+ Be able to list 3 methods of birth control that require a doctor's examination and prescription.
	+ Be able to name two methods of birth control that can be used without a doctor's prescription.
	+ Be able to identify four unreliable methods of birth control.
	+ Be able to list and describe the symptoms of six common STIs.
	+ Be able to know the difference between viral and bacterial STIs.
	+ Be able to define STI.
	+ Be able to identify signs of possible pregnancy.
	+ Be able to identify positive signs of pregnancy.
	+ Be able to explain why the first 12 weeks of pregnancy are so important in the baby's development.
	+ Be able to define a teratogen.
	+ Be able to explain what the placenta is and describe its function.
	+ Be able to explain the function of amniotic sac, fetus, umbilical cord and quickening.
	+ Be able to understand the importance of proper nutrition during pregnancy.
	+ Be able to list the stages of labor and describe what happens to the body during each stage.
	+ Be able to list the signs of beginning labor.
	+ Be able to understand the role of the laboring woman during the first and second stage of labor.
	+ Be able to describe the reasons why a Cesarean section might be performed and understand the differences in the recovery as compared to a vaginal birth.
	+ Be able to describe four physical characteristics which are common to most newborns.
	+ Be able to list four things the infant is able to do at birth.
	+ Be able to understand the role of the mother in the child's life as a care giver and nurturer.
	+ Be able to identify the many responsibilities of parenthood.
	+ Be able to identify the role of the father in the child's life as care giver and nurturer.
	+ Be able to identify the many responsibilities of parenthood.
	+ Be able to identify the expenses related to infant care within the first year of life.
	+ Be able to identify the father's rights and responsibilities.
	+ Be able to understand the impact of early teenage parenthood socially and emotionally.
	+ Students will understand the importance of nutrients in their diet.
	+ Students will understand the relationship between calorie intake and expenditure.
	+ Students will understand the importance of sunscreen and the harmful effects of the sun.

**Unit 1- Infant Simulator:** Students will be introduced to the RAPPP curriculum and learn about the infant simulator and its functions.

 Assessment Tools: Pretest, workbooks

**Unit 2- Life Goals and Ambitions:** Students will explore life goals and ambitions, use steps in the decision making model, and develop a plan for reaching these goals.

 Assessment Tools: Workbooks, homework

**Unit 3- Female Reproductive System:** Students will be able to identify the parts of the female reproductive system, as well as be able to explain the function of the ovaries, fallopian tubes, cervix, vagina, uterus, and ovum.

Assessment Tools: Quizzes, visuals, homework, workbook

**Unit 4- Menstruation/ Women’s Health:** Students will be able to understand the menstrual cycle and fertility. In addition, this unit will raise awareness of the female reproductive health issues.

 Assessment Tools: Written test, quizzes, homework, workbooks

**Unit 5- Male Reproductive System:**  Students will be able to identify the parts of the male reproductive system, as well as be able to explain the function of the vas deferens, bladder, urethra, seminal vesicles, penis, testicles, scrotum, sperm, prostate gland, and epididymis.

 Assessment Tools: Written test, quizzes, visuals, homework, workbooks

**Unit 6- Male Reproductive Health Issues:** Students will be able to understand the physiology of sexual intercourse and learn about male reproductive health issues.

 Assessment Tools: Workbooks, homework

**Unit 7- Abstinence:** Students will be able to identify the difference between infatuation and love, indentify behaviors to maintain emotional and physical intimacy, and be able to make knowledgeable decisions regarding their sexuality.

 Assessment Tools: Workbooks, homework

**Unit 8- Contraception/ Barrier Methods:** Students will be able to understand the advantages and disadvantages of different methods of contraception, be able to understand how different methods of birth control work, be able to name methods of birth control that can be used without a doctor’s prescription and methods that require a doctor’s examination and prescription, and will be able to identify four unreliable methods of birth control.

 Assessment Tools: Workbooks, test, quizzes

**Unit 9- Hormonal/ Other Methods:** Students will be able to understand the advantages and disadvantages of different methods of contraception, be able to understand how different methods of birth control work, be able to name methods of birth control that can be used without a doctor’s prescription and methods that require a doctor’s examination and prescription, and will be able to identify four unreliable methods of birth control.

 Assessment Tools: Workbooks, test, quizzes

**Unit 10- STIs/ Bacterial:** Students will be able to define STI, describe the symptoms of different STIs, know the difference between bacterial and viral STIs, discover the consequences of STIs, and find out the diagnosis and treatment of STIs.

 Assessment Tools: Workbooks, quizzes, test

**Unit 11- STIs/ Viral:** Students will be able to define STI, describe the symptoms of different STIs, know the difference between bacterial and viral STIs, discover the consequences of STIs, and find out the diagnosis and treatment of STIs.

 Assessment Tools: Workbooks, quizzes, test

**Unit 12- Pregnancy/ Labor/ Birth:** Students will be able to identify the signs of possible pregnancy and positive signs of pregnancy. Students will be able to explain why the first twelve weeks of pregnancy are so important to the baby’s development. In addition, students will be able to define a teratogen and their risks to the unborn baby.

 Assessment Tools: Visuals, workbooks, homework

**Unit 13- Nutrition/ Fetal Development:** Students will be able to identify the importance of nutrition in a pregnant women and her fetus, learn the milestones in a fetus from trimester one to three, and be able to explain the physiological changes occurring in the mother’s body from conception to birth.

 Assessment Tools: Workbooks, homework

**Unit 14- Stages of Labor/ Delivery/ Birth:** Students will be provided with information about the physical and emotional processes of labor and birth. They will understand the stages of labor and what happens in the body during each stage, as well as understand the reasons for Cesarean Section Birth and procedure. Students will also be able to explain the difference of a c-section compared to a vaginal birth and what the placenta is.

 Assessment Tools: Workbooks, quizzes, test

**Unit 15- Newborns:** Students will be able to describe physical characteristics that are common to most newborns, list different things the infant is able to do at birth, and understand the role of the mother in the child’s life as a care giver and nurturer.

 Assessment Tools: Workbooks, quizzes, test

**Unit 16- Parenting:** Students will understand the steps of an infant’s growth and development from birth and beyond. Students will be able to identify the many responsibilities of parenthood.

 Assessment Tools: Workbooks, homework

**Unit 17- Roles and Responsibilities:** Students will be able to identify the many roles and responsibilities of parenthood, be able to identify the role of the father and mother in the child’s life as the care giver and nurturer.

 Assessment Tools: Workbooks, homework

**Unit 18- Lifestyle Changes:** Students will be able to identify the impact of early teenage parenthood on the social and emotional lives, and the relationships of the young mother and father.

 Assessment Tools: Workbooks, homework

**Unit 19- Financial Responsibilities:** Students will understand the costs of pregnancy, labor, and birth. Students will be able to identify the expenses related to infant care within the first year of life, and the financial responsibilities until the age of eighteen.

 Assessment Tools: Workbooks, homework

**Unit 20- Nutrition:** Students will understand the importance of nutrients in their diet and the relationship between calorie intake and expenditure.

 Assessment Tools: Quizzes, test, homework

**Unit 21- Skin Cancer:** Students will understand the importance of sunscreen and the harmful effects of the sun on the body.

 Assessment Tools: Observation, homework

**Major Evaluation Strategies:**

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| **Name of Assessment** | **Type of Assessment** | **MA or Common Core Standards Assessed** |
| Test | Online/ Written Test | * Understand their own thoughts and feelings regarding early parenthood.
* Develop and understanding about how much they know or don't know about their own sexuality; birth control, STI's and parenthood.
* Use the steps in the decision making model.
* Be able to set goals.
* Develop an action plan for reaching those goals.
* Be able to identify the parts of the female reproductive system.
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* Be able to identify the father's rights and responsibilities.
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* Students will understand the importance of sunscreen and the harmful effects of the sun.
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| Quizzes | Online/Written Quizzes |
| Infant Simulator | Infant Simulator |

\*\*\*Subject to change