



PHYSICAL EDUCATION PREGNANT STUDENT

GRADE: 7-12

PREREQUISITE: None

TEXT: *Essential Exercises for the Childbearing Years*, Noble, Elizabeth; Houghton Mifflin Co., 1995

SUPPLEMENTAL TEXTS: *A Lamaze Guide - Preparation for Childbirth*, Ewvy, Donna & Robert; New American Library
Exercise Booklet for Teen Age Pregnancy, Barn, Linda & Monserrat, Catherine; New Futures, Inc., Albuquerque, N.M.
You and Me Baby, YMCA
Suzy Prudden's Pregnancy and Back-to-Shape Exercise Program, Workman Publishing
Teenage Pregnancy: A New Beginning, revised New Futures, Inc.
Films:
Exercise for Two, March of Dimes
Nutrition for Two, March of Dimes
Prenatal Exercising, Eye Gate Media
Postnatal Exercising, Eye Gate Media
Pregnancy and Fit, Fit Video, Co.

CREDIT: Five (5) units/semester of P.E. or elective credit.

REPEATABLE: May be repeated for credit.

LENGTH OF COURSE: One semester

COURSE NUMBER: 5607

DATE OF BOARD APPROVAL:
REVISED: June 20, 1996

COURSE OF STUDY PHYSICAL EDUCATION PREGNANT STUDENT

SYNOPSIS

This course is to help pregnant students complete their P.E. requirements as well as to learn the importance of having good physical and mental health during pregnancy. One unit of credit will be given for a Natural Childbirth class taken outside of the school classroom.

COURSE OBJECTIVE

1. Student will demonstrate the ability to use accepted prenatal exercises.
2. Student will demonstrate the knowledge of exercises that will help in the birth of a baby.
3. Student will describe in writing pre and postnatal exercises.
4. Student will identify the relationship between nutrition and exercise.
5. Student will identify the precautions to take when exercising during pregnancy.
6. Student will evaluate the benefits of exercising daily.

COURSE OF STUDY OUTLINE

- I. INTRODUCTION
The student will demonstrate an understanding of:
- A. Course content and objectives
 - B. Course requirements
 - 1. Attendance and participation
 - 2. Assignments
 - 3. Homework
 - 4. Doctor's physical form
 - C. Grading Policy
 - D. Classroom guidelines
- II. PREGNANCY CREATES A SPECIAL NEED FOR EXERCISE
The student will demonstrate an understanding of:
- A. Benefits of exercise
 - B. Art of Prevention
 - C. Nutrition and Exercise
- III. PRINCIPLES OF EXERCISE
The student will demonstrate an understanding of:
- A. When to start exercising
 - B. Frequency of exercise
 - C. Types of exercises
 - D. Demonstration/handouts
 - E. Individual plan
- IV. EXERCISES TO PREPARE FOR LABOR/DELIVERY
The student will demonstrate an understanding of:
- A. Natural childbirth exercises
 - B. Relaxing exercises
- V. NATURAL CHILDBIRTH COURSE
The student will demonstrate an understanding of:
- A. Certificate of completion
- VI. PREPARING FOR UNUSUAL BIRTHS
The student will demonstrate an understanding of:
- A. Cesarean birth
 - B. Medicated childbirth
 - C. Emergency childbirth
 - D. Bed rest
- VII. POSTNATAL EXERCISING
The student will demonstrate an understanding of:
- A. When to start exercising
 - B. Frequency
 - C. Types of exercise
 - D. Individual plan
- VIII. ACTIVE EXERCISING
The student will demonstrate an understanding of:
- A. Daily chart
 - B. Partner exercising