HOSA Mini Lesson: Pregnancy

Objectives:
Upon completion of this lesson, students will have sufficient knowledge of, and be able to:
1. identify the number of weeks for a normal pregnancy.
2. list the stages of labor.
3. explain how the stages of delivery are divided.
4. define premature birth.
5. recall when mother would be expected to feel movement.
6. identify criteria that could result in a c-section delivery.

Time:
- Use the following video to introduce the topic: https://www.youtube.com/watch?v=ppzV6hoPklc
- Lecture on pregnancy – ½ class period
- Balloon activity – watch the following video for instructions https://www.youtube.com/watch?v=URyEZusnjBI
- Research C-section https://www.mayoclinic.org/tests-procedures/c-section/about/pac-20393655 - 1/2 half of a class period

Materials:
- PowerPoint
- Internet access
- Ping pong ball
- Balloon

Instruction:
1. Share PowerPoint on Pregnancy (12:04 minute video)
2. Balloon activity
3. Research on c-section

Assessment:
1. Written test

Standards:
NCHSE
9.2 Healthcare Across the Lifespan
9.2.1 Discuss physical, mental, social and behavioral development and its impact on healthcare

For additional Curriculum Crosswalks see CE Useful Tools

Author Information: National HOSA
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