

Course Syllabus

Course Description

In this course, students examine the family unit and characteristics of healthy and unhealthy relationships at different phases of life-- including information on self-discovery, family, friendships, dating and abstinence, marriage, pregnancy, and parenthood. Students learn about the life cycle and the different stages of development from infancy to adulthood. They also focus on a variety of skills to improve relationships and family living, including coping skills, communication skills, refusal skills, babysitting, parenting, and healthy living and disease prevention habits.

Units & Tasks

- This course is divided into the following Units and Sections.
 - **Course Introduction**
 - **Unit 1: Family Health & Relationships**
 - Family Health
 - Personal Identity
 - **Unit 2: Dating & Parenthood**
 - Dating & Marriage
 - Pregnancy
 - Parenthood
 - **Unit 3: Human Growth & Development**
 - Infancy & Childhood
 - Adolescence & Adulthood
 - **Unit 4: Skills for Family Living**
 - Household Responsibilities
 - Communication
 - Goal Setting & Decision Making
 - **Unit 5: Coping Skills**
 - Coping Skills
 - Time & Stress Management
 - Mental Health
 - **Unit 6: Healthy Families**
 - Healthy Living
 - Safety

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lesson(s) about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Reflection***—a journal reflecting on material learned
5. **Discussion***—class discussion on an assigned topic
6. **Assignment***—section assignment
7. **Vocab Check**—assessment
8. **Quiz***—assessment of lesson comprehension

Family Living

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

Assignments and Grading

Each section of this course is designed to be completed in about one week’s time for a 16-18 week course. If you have less time to complete this course, you may need to move through each section at a faster pace.

Please see the detailed schedule or consult with your instructor for more information on points possible and due dates.

Materials

There are no required materials for this course.

Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
 - Microsoft Word, <http://office.microsoft.com/en-us/try/>
 - Open Office, <http://www.openoffice.org/download/>