

# 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. **Study Hall**—study guides and vocabulary tools to reinforce terms and concepts
8. **Quiz**\*—quiz covering information from the lessons

## **Family Living**

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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**

The multimedia lessons should be viewable on multiple devices and browsers with no additional players. Below the multimedia lessons you will find PDF versions of the lessons. A PDF reader is required to view this. Most devices come equipped with a PDF reader. If not, you can download a free one here: <http://get.adobe.com/reader/>.