

## **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](#)