

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
NONCREDIT COURSE

(Use this form only for Noncredit courses)

COURSE NUMBER AND TITLE: CNED 439 PREPARATION for CHILDBIRTH

MINIMUM NUMBER OF SEMESTER HOURS: 16

SCOPE OF COURSE:

Childbirth preparation classes provide the expectant mother and her coach with knowledge, techniques, and support to optimize pregnancy and childbirth. Students will receive information on how the anatomy/physiology of the woman changes during pregnancy and the birthing process. Exercises and techniques for relaxation, paced breathing, and massage will make the pregnancy and delivery more comfortable. Students will learn how to prepare and what to expect for either a hospital or home delivery with or without the use of medication. Guest health professionals may address the class. Films and videotapes will augment instruction. Course may be adapted as a refresher course for the woman who has previously experienced labor and delivery.

SPECIFIC COURSE OBJECTIVES:

The student will:

1. Feel comfortable to ask any question.
2. Feel comfortable to discuss any fear regarding pregnancy or delivery.
3. Receive correct information for any question asked or assurance for any expressed fear.
4. Understand resources the community has to assist individual and/or family.
5. Understand how the mother's body changes during the pregnancy.
6. Understand the developmental stages of the fetus.
7. Explore and understand options for delivery.
8. Learn about a variety of palliative measures.
9. Incorporate healthy, positive choices during pregnancy.
10. Make informed decisions with health professionals regarding pregnancy and delivery.
11. Understand the stages of delivery.
12. Practice, learn, and incorporate the physical and breathing exercises into pregnancy life-style.
13. Practice breathing and relaxation techniques.
14. Facilitate correct breathing and relaxation techniques.
15. Be prepared.
16. Practice time-management to assure proper rest.
17. Understand the nutritional needs of mother and developing baby.
18. Understand how to meet the needs of a newborn.
19. Consider options to either breast or bottle-feed the baby.
20. Remember fathers are important, too.
21. Understand post-partum health care.
22. Review birth control options.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction of Students
- II. Discussion of Special Pregnancy Circumstances
- III. Presentation of Techniques to Enhance Healthy Pregnancy
- IV. Nutritional Needs for Healthy Fetal Development
- V. Healthy Choices for Mother During Pregnancy
- VI. Affect of Various Substances on Developing Fetus
- VII. Anatomy and Physiology of Pregnancy
- VIII. Medications for Childbirth
- IX. Cesarean Birth and Recovery
- X. Exercises for Relaxation and Relief from Pain
- XI. Exercises to Enhance Delivery
- XII. Preparation for Delivery
- XIII. Hospital Procedures
- XIV. Coping Skills and Techniques for Stress Reduction
- XV. Effective Coaching Techniques
- XVI. The 'Normal' Newborn
- XVII. The Post-Partum Period
- XVIII. Maternal/Paternal Bonding
- XIX. Effects of Sleep Deprivation
- XX. Selecting a Pediatrician
- XXI. Wellness Check-Ups for Mother and Baby
- XXII. Infant Development During First Year
- XXIII. Creating an Emotionally and Physically Healthy Family

MATERIALS REQUIRED:

Students will need mats, pillows, blankets, and a watch with a second hand to keep time during the relaxation and delivery exercises

TEXTS RECOMMENDED OR REQUIRED:

Instructor prepared packet of information for the pregnant woman and the coach and a booklet of available community resources.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes _____ No X

If yes, check all that apply.

_____ Television Course (Video one-way, e.g. ITV, video cassette, etc.)

- _____ Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- _____ Two-Way Video Conferencing (Two-way interactive video and audio)
- _____ One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- _____ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:

Students demonstrate progressive knowledge and understanding by the performance of relaxation/breathing techniques under guidance of instructor and each other. Continued practice reinforces the techniques, brings relief from discomfort and/or pain, and reassures the coach and mother of success in the delivery room. Having both sexes participating in the class helps the coaches, usually the fathers to express their discomfort or concerns with one another. In addition, there is usually one couple returning for a refresher course who acts as mentors for the 'new' students. It is common for at least one couple to return to class with their newborn to share their childbirth experience.

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SIGNATURES ON FILE