

Graduate Course Description Form

Course Number: IGC 716

Course Name: Teaching Health with Confidence: Navigating the Updated 2023 MA Standards

Instructor: Casey Rekowski

Credits Earned: 3 Graduate Credits, which equates to:

- 67.5 PDPs (courses taken prior to June 8, 2026)
- 22.5 PDPs (courses taken after June 8, 2026)

Credits Issued By: Gordon College

Course Fee: \$675 (\$625 with early registration discount)

Course Description:

This course prepares Massachusetts PreK-12 health and physical education teachers to implement the updated 2023 Massachusetts Health Education and Physical Education Curriculum Framework with confidence and skill. Participants develop skills-based lessons and units, navigate the family communication and opt-out provisions of the updated framework, and build the professional dispositions needed to address sensitive health topics in the classroom. This course is aligned to the Massachusetts Curriculum Frameworks.

Learning Outcomes:

1. Design skills-based health lessons aligned to the 2023 Massachusetts Health Education and Physical Education Curriculum Framework.
2. Navigate opt-out provisions and family communication requirements of the updated MA health framework with professionalism.
3. Address sensitive health topics -- including human sexuality, mental health, and substance use -- using developmentally appropriate, evidence-based approaches.
4. Develop a scope and sequence for health education that reflects the updated framework's emphasis on health literacy and skills.
5. Apply trauma-informed and culturally responsive practices to health education instruction.