



Graduate Course Description Form

Course Number: IGC 716

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

Instructor: TBD

Credits Earned: 3 Graduate Credits / 67.5 PDPs (for courses completed before June 8, 2025) or 22.5 PDPs (for courses completed on or after June 8, 2025)

Credits Issued By: Gordon College

Course Fee: \$675 (\$575 for early bird registration)

Course Description:

This course equips Massachusetts health educators, physical educators, school nurses, school counselors, and other educators who contribute to health programming with the pedagogical skills to implement the 2023 Massachusetts Comprehensive Health and Physical Education Framework — the first update to MA health and PE standards since 1999. Participants develop standards-aligned instructional units, learn age-appropriate approaches to sensitive topics, and build skills for teaching health content in ways that are inclusive, evidence-based, and culturally responsive. This course is aligned to the 2023 Massachusetts Comprehensive Health and Physical Education Framework.

Learning Outcomes:

1. Explain the key changes in the 2023 Massachusetts Comprehensive Health and Physical Education Framework and apply them to curriculum planning.
2. Design standards-aligned instructional units for health topics including social-emotional wellness, physical activity, nutrition, and sexual health.
3. Apply age-appropriate, trauma-informed, and culturally responsive instructional strategies to sensitive health topics.
4. Use formative and summative assessment tools aligned to the 2023 Framework to measure student health literacy.
5. Navigate community and family communication around sensitive health topics in alignment with district policy and state standards.

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