

CURRICULUM OVERVIEW

Introduction to Human Growth and Development

Career and Technical Education Series



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Introduction to Human Growth and Development Course Overview

This course focuses on human growth and development over the lifespan, as well as careers that help people deal with various physical, intellectual, and socioemotional issues, such as physicians, nurses, nutritionists, substance abuse counselors, clergy, teachers, career counselors, psychologists, and psychiatrists. This course is important because it gives the student a background in human growth and development from before birth, through childhood, into adulthood, and through death and grief. It gives the student perspective and highlights where people in the caring professions are most needed. Students who take this course will come away with a broad understanding of all the careers that help people from birth to death. They will understand how people in the helping professions interact with each other and how continued growth in this sector can give them flexibility, good pay, and high job satisfaction.

- **Starting Strong: Introduction to a Lifelong Journey:** This unit focuses on introducing human growth and development as a journey throughout the lifespan, exploring parallel physical, cognitive and socio-emotional/personality domains through various chronological ages. It examines developmental milestones through the lenses and perspectives of developmental theorists Erik Erikson, Jean Piaget, Sigmund Freud, Lev Vygotsky and their respective theories.
- **Childhood: Early, Middle, and Late:** This unit focuses on the milestones of normal physical growth, cognitive, socio-emotional, and personality development throughout the main stages of childhood, from toddlerhood through preschool and middle school, to the edges of adolescence. It discusses the psychosocial task of toddlers as outlined by Erik Erikson, the stage of cognitive development for the toddler as presented by Jean Piaget and described physical growth and language development throughout childhood.
- **Adolescence:** This unit focuses on the tremendous physical and physiological changes experienced during the adolescent years (12-18) and the transitional challenges of not being a child but not being fully grown either. It discusses the physical changes that trigger puberty and the development of self-concept, self-esteem, and identity during adolescence, as well as the psychosocial tasks faced in adolescence as described by Erik Erikson. It introduces moral development during adolescence according to Lawrence Kohlberg and covers the topics of dating, sex, teen pregnancy, sexually transmitted diseases, parenting styles, eating disorders, drug and alcohol use, and depression.
- **Adulthood: You Have Arrived:** This unit focused on the phases of growth and development experienced during the adult years, including leaving home to create one's own life, career, and family. We described the physiological changes during early adulthood, socioemotional development during this phase, and the financial challenges of being an independent young adult. We also explored midlife, including what is traditionally called the midlife crisis, psychosocial tasks in middle adulthood, changes in sexuality, rearing children, the "Sandwich Generation," finances, and retirement.
- **Finishing Strong: Ending the Lifelong Journey:** This unit focuses on understanding the tasks and challenges of the last years of life, how to accept the limits of our aging bodies, still finding ways to remain competent and useful, and coping with and accepting loss. Specifically, it reviews end-of-life decision-making, senior relationships, dementia, and the psychosocial tasks associated with this stage. Lastly, it talks about the dying process, cultural aspects of death, signs of approaching death, and grieving.

Intro. to Human Growth and Development	Unit 1: Starting Strong: Introduction to a Lifelong Journey	
	Assignments	
	1. Course Overview	9. Infancy: From Birth through the First Year
	2. Physical Growth and Development of our Bodies	10. Project: Baby Steps
	3. Cognitive Development - Learning to Think	11. Getting Through the First Year
	4. Project: Child's Play	12. Project: My Baby Book
	5. Socioemotional Development, Personality, and Behavior	13. Quiz 2: Biological Beginnings: Prenatal and Infancy
	6. Project: Why Do We Obey?	14. Special Project*
	7. Quiz 1: The Nature of Development and Developmental Perspectives	15. Unit 1 Test
	8. Prenatal Blueprints and Development Milestones	16. Course Project Part 1: The Game of Life – Objective*
		17. Glossary and Credits
Intro. to Human Growth and Development	Unit 2: Childhood: Early, Middle, and Late	
	Assignments	
	1. Changes in Early Childhood	10. Pre-Teens' Socioemotional Personality
	2. Cognitive Development in Early Childhood	11. Project: Same-Sex or Single-Sex Schools?
	3. Project: Cooking Spaghetti	12. Quiz 2: Middle and Late Childhood: From Kindergarten Through Elementary School
	4. Socioemotional Development	13. Special Project*
	5. Project: The Emotion Book	14. Unit 2 Test
	6. Quiz 1: Early Childhood: Toddlerhood and Preschool	15. Course Project Part 2: The Game of Life - The Look and Feel*
	7. Physical Growth	16. Glossary and Credits
	8. Cognitive Development	
	9. Project: Developmental Milestones Chart	
Intro. to Human Growth and Development	Unit 3: Adolescence	
	Assignments	
	1. Puberty and Physical Growth	10. When Things Don't Go Well
	2. Who Am I? Developing a Healthy Identity	11. Project: Health Alert
	3. Project: Who Am I?	12. Quiz 2: Socioemotional Development
	4. Adolescent Cognitive and Moral Development and Values	13. Special Project*
	5. Project: Peer Pressure	14. Unit 3 Test
	6. Quiz 1: Changes and Challenges of Adolescence	15. Course Project Part 3: The Game of Life - Building the Board*
	7. Adolescence and Relationships	16. Glossary and Credits
	8. Rearing Adolescents	
	9. Project: Four Families	
Intro. to Human Growth and Development	Unit 4: Adulthood: You Have Arrived	
	Assignments	
	1. High School Teen to College Young Adult	10. Finances and Retirement
	2. Love and Close Relationships: A Family of One's Own	11. Project: Does College Pay Off?
	3. Project: Intimacy	12. Quiz 2: Middle Adulthood
	4. Careers - What I Want to Be	13. Special Project*
	5. Project: Career Assessment	14. Unit 4 Test
	6. Quiz 1: Young Adulthood	15. Course Project Part 4: The Game of Life: Developing a Marketing Plan*
	7. Generativity - Families, Children, and Beyond	16. Glossary and Credits
	8. Midlife Crises	
	9. Project: The Positive Parts of Middle Adulthood	

Intro. to Human Growth and Development	Unit 5: Finishing Strong: Ending the Lifelong Journey	
	Assignments	
	1. The Aging Brain	10. Grieving
	2. Relationships in Older Couples	11. Project: Stages of Grief
	3. Project: Time and Change	12. Quiz 2: Death, Dying and Grief
	4. Grasping the Meaning and Purpose in Life	13. Special Project*
	5. Project: Is Old Age a Problem to be Solved?	14. Unit 5 Test
	6. Quiz 1: Aging and Death	15. Course Project Part 5: The Game of Life: More Marketing*
	7. Death	16. Glossary and Credits
	8. End-of-Life Decision Making	
	9. Project: Advance Directives	

	Unit 6: Course Review and Exam	
	Assignments	
	1. Course Project Part 6: The Game of Life: Developing Directions*	2. Review
		3. Exam

(*) Indicates alternative assignment