

## **Course Title: Human Growth and Development**

### **Course Duration: 1 Year (2 Semesters)**

### **Instructor Information:**

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### **Course Description:**

Offered during junior and senior year, this course examines the biological, psychological, and social aspects of human development. Students will explore how humans grow and change from conception through adolescence, with a focus on understanding the physical, cognitive, emotional, and social factors that shape human behavior. The CLEP exam will be offered for those students taking this course at the advanced level in the Innovation Pathway.

### **Prerequisites:**

None

### **Course Objectives:**

Upon successful completion of this course, students will:

1. Understand key developmental theories and stages across the lifespan;
2. Analyze the impact of biological, environmental, and cultural factors on development;
3. Examine physical, cognitive, and socioemotional development across the lifespan;
4. Apply knowledge of developmental milestones and factors;
5. Assess the role of family, peer, and social relationships in development;
6. Understand the impact of education, career, and life choices on development;
7. Develop critical thinking and research skills in human development;
8. Prepare for the optional CLEP Exam in Human Growth Development.

### **Massachusetts State Standards Alignment:**

- Massachusetts Career Technical Education: Early Education and Care Framework, Strand 2: Technical Knowledge and Skills
- Massachusetts Career Technical Education: Health Assisting, Standard 9: Human Body Systems
- Massachusetts Comprehensive Health and Physical Education Standards, Practice 2: Self-Management and Goal Setting
- National Standards for Family and Consumer Sciences Education, Area of Study 12.0: Human Development.

The specific standards for each unit are listed within the course curriculum map.

## Materials Needed:

- Textbooks:
  - Broderick, Patricia C. and Pamela Blewitt. *The Life Span: Human Development for Helping Professionals*. 6th ed., Pearson, 2024.
  - Decker, Celia Anita. *Children: The Early Years*. The Goodheart-Wilcox Company, Inc., 2006.
  - Kato, Sharleen L. *Lifespan Development*. 3rd ed., The Goodheart-Wilcox Company, Inc., 2024.
- Classroom Supplies:
  - Chromebook and charger
  - Notebook and pencil/pen
  - Folder
  - Colored pencils

## Course Structure:

The course is divided into 2 semesters, for a total of **ten units**:

Unit 1: Introduction to Human Growth and Development

Unit 2: Prenatal Development and Infancy

Unit 3: Early Childhood

Unit 4: Middle Childhood

Unit 5: Adolescence

Unit 6: Early Adulthood

Unit 7: Middle Adulthood

Unit 8: Late Adulthood and End of Life

Unit 9: Review, Final Project, and CLEP Preparation

Unit 10: (Supplemental Unit) - Preparing for the Future: Career, Family, and Lifelong Learning

## Grading Criteria:

- **Assessments:** Quizzes (50 points), Tests and Projects (100 points)
- **Class Participation:** Engagement in discussions, group activities (50 points/quarter)
- **Homework/Assignments:** Daily or weekly assignments, reading tasks (25 points)
- **Midterm Exam:** (10% of S1 grade): Cumulative test
- **Final Exam/Project:** (10% of S2 grade): Cumulative test/project covering all course material

## Course Outline:

### Weeks 1-4: Introduction to Human Growth and Development

*Key concepts: Define human development and the main research methods used in studying it; summarize major developmental theories and their applications; understand the concept of lifespan development.*

*Assessments: Reading checkpoints; vocabulary quiz; compare-contrast questions on Freud's and Erikson's theories; oral presentation on research conducted on the principles of a child development theorist; group project on research methodologies used in developmental studies; unit test on developmental theories.*

### **Weeks 5-8: Prenatal Development and Infancy**

*Key concepts: Describe the stages of prenatal development and the factors influencing them; understand early physical and cognitive milestones; identify key influences on early development, including genetics and environment.*

*Assessments: Reading checkpoints; vocabulary quiz; case study on prenatal development; class discussion on attachment theory and infant development; quiz on prenatal and infant cognitive and physical milestones; project: "Baby Book" documenting the first year of life and the developmental milestones; unit test on prenatal development and infancy.*

### **Weeks 9-12: Early Childhood**

*Key concepts: Explore major physical, cognitive, and emotional milestones in early childhood; understand the importance of early relationships and attachment; analyze the development of language, social skills, and self-identity.*

*Assessments: Reading checkpoints; vocabulary quiz; research paper on language development in early childhood; group presentation on theories of emotional regulation; quiz on Piaget's cognitive stages and early emotional development; writing and read-aloud of children's book; unit test on early childhood development.*

### **Weeks 13-16: Middle Childhood**

*Key concepts: Identify key physical changes in middle childhood and their impact on development; understand cognitive advancements in problem-solving and logical thinking; analyze the role of peers and family in social development; discuss moral reasoning and its development through childhood.*

*Assessments: Reading checkpoints; vocabulary quiz; project on the impact of physical health and activity on cognitive development; written reflection on Kohlberg's stages of moral development; demonstration of an age-appropriate creative activity; unit test on middle childhood development.*

### **Weeks 17-20: Adolescence**

*Key concepts: Understand the biological, cognitive, and socioemotional changes during adolescence; discuss identity formation and the impact of peer relationships; examine the role of culture, media, and family in adolescent development.*

*Assessments: Reading checkpoints; vocabulary quiz; group project on identity development in adolescence; quiz on cognitive and social development in adolescence; case study on peer pressure and risk behaviors during adolescence; unit test on adolescent development.*

### **Weeks 21-24: Early Adulthood**

*Key concepts: Analyze the transition from adolescence to adulthood; discuss the development of career, identity, and intimate relationships; examine cognitive changes and the concept of postformal thinking.*

*Assessments: Reading checkpoints; vocabulary quiz; research project on career and relationship development in early adulthood; "The Game of Life" roadmap; class debate on the challenges of balancing career and family; practice CLEP multiple-choice exam; unit test on milestones of early adulthood.*

**Weeks 25-28: Middle Adulthood**

*Key concepts: Understand the physical and cognitive changes that occur during middle adulthood; analyze the role of family, work, and community in adult development; discuss challenges related to aging, health, and career transitions.*

*Assessments: Reading checkpoints; vocabulary quiz; interview adults about their experiences in midlife; case study on aging and cognitive changes; group presentation on generativity in middle adulthood; unit test on middle adulthood milestones.*

**Weeks 29-32: Late Adulthood and End of Life**

*Key concepts: Examine the physical and cognitive changes that occur in late adulthood; understand the psychosocial challenges associated with aging; discuss the role of life review and the concept of integrity vs. despair.*

*Assessments: Reading checkpoints; vocabulary quiz; research paper on the psychological aspects of aging and coping with death; group discussion on the importance of end-of-life planning and legacy; practice CLEP multiple-choice exam; unit test on late adulthood and end of life.*

**Weeks 33-36: Review, Final Project, and CLEP Preparation**

*Key concepts: Review the major theories, stages, and key concepts in human growth and development; develop strategies for success on the CLEP exam.*

*Assessments: Practice CLEP exam; final project summarizing key human development theories and stages; final exam (comprehensive multiple-choice and short-answer).*

**Weeks 37-end of year: (Supplemental Unit) - Preparing for the Future: Career, Family, and Lifelong Learning**

*Key concepts: Explore career options, personal goals, and education planning; discuss the relationship between personal choices, career, and family life; understand the importance of financial and emotional preparation for the future.*

*Assessments: Vision Board; choice board project.*