

## Topic 1: Historical, Theoretical, and Research Perspectives

### Unit 1: Theories and Theorists (4 strategies)

(NS 12) Analyze factors that influence human growth and development.

- 12.1 Analyze principles of human growth and development across the life span.
- 12.1.3 Analyze current and emerging research about human growth and development, including but not limited to brain development research.

### Unit 2: Research (11 strategies)

(NS 4) Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- 4.3 Demonstrate integration of curriculum and instruction to meet developmental needs and interests of children, youth and adults, considering gender, ethnicity, geographical, cultural, and global influences.
- 4.3.1 Analyze a variety of curriculum and instructional models.

## Topic 2: Prenatal Care and Development

### Unit 1: Nutritional Needs (11 strategies)

(NS 14) Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- 14.2 Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- 14.2.1 Evaluate the effect of nutrition on health, wellness and performance.
- 14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span.
- 14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- 14.3.1 Apply current dietary guidelines in planning to meet nutrition and wellness needs.
- 14.3.2 Design strategies that address the health and nutritional recommendations for individuals and families, including those with special needs.
- 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.

### Unit 2: Health and Medical Care (15 strategies)

(NS 12) Analyze factors that influence human growth and development.

- 12.2 Analyze conditions that influence human growth and development.
- 12.2.2 Analyze the influences of social, economic, and technological forces on individual growth and development.

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**Unit 3: Prenatal Development Stages** (12 strategies)

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.4** Analyze physical and emotional factors related to beginning the parenting process.
- **15.4.1** Analyze biological processes related to prenatal development, birth, and health of child and mother.

**Unit 4: Genetics and Environmental Factors** (8 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.2** Analyze conditions that influence human growth and development.
- **12.2.1** Analyze the influences of heredity and environment on human growth and development.

**Topic 3: Newborn to Two Years**

**Unit 1: Newborn and Infant Development** (18 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.
- **12.1.2** Analyze interrelationships among physical, emotional, social, moral, and cognitive aspects of human growth and development.

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.1** Analyze roles and responsibilities of parenting.
- **15.1.1** Analyze parenting roles across the life span.

**Unit 2: Optimizing Infant Development** (17 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.
- **12.1.2** Analyze interrelationships among physical, emotional, social, moral, and cognitive aspects of human growth and development.
- **12.3** Analyze strategies that promote growth and development across the life span.
- **12.3.1** Analyze the role of nurturance on human growth and development.

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.1** Analyze roles and responsibilities of parenting.
- **15.1.1** Analyze parenting roles across the life span.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

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- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.5** Analyze strategies that promote growth and development of children, youth and adults.

**Unit 3: Newborn and Infant Nutrition** (*6 strategies*)

**(NS 14)** Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.2** Examine the nutritional needs of individuals and families in relation to health and wellness across the life span.
- **14.2.1** Evaluate the effect of nutrition on health, wellness and performance.

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.1** Analyze roles and responsibilities of parenting.
- **15.1.1** Analyze parenting roles across the life span.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.4** Demonstrate a safe and healthy learning environment for children, youth and adults.
- **4.4.4** Plan safe and healthy meals and snacks that meet USDA standards.

**(NS 9)** Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.

- **9.3** Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
- **9.3.1** Analyze nutrient requirements across the life span addressing the diversity of people, culture, and religions.

**Unit 4: Toddler Development** (*15 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**Unit 5: Optimizing Toddler Development** (*28 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.
- **12.3** Analyze strategies that promote growth and development across the life span.
- **12.3.3** Analyze the role of educational and family and social services support systems and resources in meeting human growth and development needs.

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.1** Analyze roles and responsibilities of parenting.
- **15.1.1** Analyze parenting roles across the life span.

Human Growth and Development  
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**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.4** Address specific developmental needs of children, youth and adults based on assessment of their abilities.
- **4.2.5** Analyze strategies that promote growth and development of children, youth and adults.
- **4.3** Demonstrate integration of curriculum and instruction to meet developmental needs and interests of children, youth and adults, considering gender, ethnicity, geographical, cultural, and global influences.
- **4.3.2** Implement learning activities in all curriculum areas that meet the developmental needs of learners.

**Unit 6: Toddler Nutrition** (*9 strategies*)

**(NS 14)** Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.1** Apply current dietary guidelines in planning to meet nutrition and wellness needs.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.4** Demonstrate a safe and healthy learning environment for children, youth and adults.
- **4.4.4** Plan safe and healthy meals and snacks that meet USDA standards.

**Unit 7: Guidance Techniques** (*9 strategies*)

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.5** Demonstrate skills for building and maintaining positive collaborative relationships with children, youth and adults in their family and community environments, considering gender, ethnicity, geographical, cultural, and global influences.
- **4.5.1** Apply developmentally appropriate and culturally responsive guidelines for behavior.

**Topic 4: Three to Five Years**

**Unit 1: Growth and Development** (*10 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

Human Growth and Development  
Alignment with NASAFACS Standards (NS)

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.4** Address specific developmental needs of children, youth and adults based on assessment of their abilities.

**Unit 2: Optimizing Development** (*13 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.
- **12.1.2** Analyze interrelationships among physical, emotional, social, moral, and cognitive aspects of human growth and development.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.4** Address specific developmental needs of children, youth and adults based on assessment of their abilities.
- **4.4** Demonstrate a safe and healthy learning environment for children, youth and adults.
- **4.4.1** Manage physical space to maintain a learning environment that is safe and healthy and encourages physical activity.

**Unit 3: Nutrition** (*6 strategies*)

**(NS 14)** Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.1** Apply current dietary guidelines in planning to meet nutrition and wellness needs.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.4** Demonstrate a safe and healthy learning environment for children, youth and adults.
- **4.4.4** Plan safe and healthy meals and snacks that meet USDA standards.

**Unit 4: Guidance Techniques** (*6 strategies*)

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.5** Demonstrate skills for building and maintaining positive collaborative relationships with children, youth and adults in their family and community environments, considering gender, ethnicity, geographical, cultural, and global influences.

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- **4.5.1** Apply developmentally appropriate and culturally responsive guidelines for behavior.

## Topic 5: Six to Ten Years

### **Unit 1: Growth and Development** (*11 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.4** Address specific developmental needs of children, youth and adults based on assessment of their abilities.

### **Unit 2: Optimizing Development** (*18 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.2** Analyze developmentally appropriate and culturally responsive practices to plan for early childhood, education, and services.
- **4.2.4** Address specific developmental needs of children, youth and adults based on assessment of their abilities.

### **Unit 3: Nutrition** (*15 strategies*)

**(NS 14)** Demonstrate nutrition and wellness practices that enhance individual and family well-being.

- **14.3** Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.
- **14.3.1** Apply current dietary guidelines in planning to meet nutrition and wellness needs.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.4** Demonstrate a safe and healthy learning environment for children, youth and adults.
- **4.4.4** Plan safe and healthy meals and snacks that meet USDA standards.

### **Unit 4: Guidance Techniques** (*4 strategies*)

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

Human Growth and Development  
Alignment with NASAFACS Standards (NS)

- **4.5** Demonstrate skills for building and maintaining positive collaborative relationships with children, youth and adults in their family and community environments, considering gender, ethnicity, geographical, cultural, and global influences.
- **4.5.1** Apply developmentally appropriate and culturally responsive guidelines for behavior.

## Topic 6: Care and Protection of Children and Adolescents

### **Unit 1: Services, Agencies, and Resources** (*9 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.3** Analyze strategies that promote growth and development across the life span.
- **12.3.3** Analyze the role of educational and family and social services support systems and resources in meeting human growth and development needs.

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.2** Evaluate parenting practices that maximize human growth and development.
- **15.2.5** Apply criteria for selecting care and services for children and youth.
- **15.3** Evaluate external support systems that provide services for parents.
- **15.3.1** Analyze community resources and services available to families.

### **Unit 2: Child Abuse** (*11 strategies*)

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.2** Evaluate parenting practices that maximize human growth and development.
- **15.2.4** Analyze the effects of abuse and neglect on children and families and determine methods for prevention.

**(NS 7)** Synthesize knowledge, skills, and practices required for careers in family & human services.

- **7.4** Analyze the impact of conditions that could influence the well-being of individuals and families.
- **7.4.4** Differentiate between situations that require personal prevention or intervention and those situations that require professional assistance.
- **7.4.5** Analyze situations which require crisis intervention.

### **Unit 3: Health Care and Safety** (*45 strategies*)

**(NS 15)** Evaluate the effects of parenting roles and responsibilities on strengthening the well-being of individuals, families, and society.

- **15.1** Analyze roles and responsibilities of parenting.
- **15.1.2** Analyze expectations and responsibilities of parenting.

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**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.4** Demonstrate a safe and healthy learning environment for children, youth and adults.
- **4.4.3** Implement strategies to teach health, safety, and sanitation habits.
- **4.4.6** Implement basic health practices and prevention procedures for workers and learners regarding illness, communicable diseases, accidents and trauma.

**Unit 4: Changing Demographics and Cultural Diversity** (*4 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.2** Analyze conditions that influence human growth and development.
- **12.2.2** Analyze the influences of social, economic, and technological forces on individual growth and development.
- **12.2.3** Analyze the influences of gender, ethnicity, and culture on individual development.
- **12.2.5** Analyze geographic, political, and global influences on human growth and development.

**Topic 7: Eleven to Nineteen Years**

**Unit 1: Biological and Cognitive Development** (*18 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.
- **12.1.3** Analyze current and emerging research about human growth and development, including but not limited to brain development research.

**Unit 2: Emotional and Social Development** (*20 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.
- **12.1.3** Analyze current and emerging research about human growth and development, including but not limited to brain development research.

**Unit 3: Family and Society** (*6 strategies*)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.2** Analyze conditions that influence human growth and development.
- **12.2.1** Analyze the influences of heredity and environment on human growth and development.
- **12.2.2** Analyze the influences of social, economic, and technological forces on individual growth and development.



Human Growth and Development  
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**Unit 4: Adolescent Guidance Techniques** (5 strategies)

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.5** Demonstrate skills for building and maintaining positive collaborative relationships with children, youth and adults in their family and community environments, considering gender, ethnicity, geographical, cultural, and global influences.
- **4.5.1** Apply developmentally appropriate and culturally responsive guidelines for behavior.

**Topic 8: Twenty to Thirty-nine Years**

**Unit 1: Biological and Cognitive Development** (18 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**Unit 2: Emotional, Moral, and Psychosocial Development** (17 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**Unit 3: Society and Culture** (9 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.2** Analyze conditions that influence human growth and development.
- **12.2.1** Analyze the influences of heredity and environment on human growth and development.
- **12.2.2** Analyze the influences of social, economic, and technological forces on individual growth and development.
- **12.2.3** Analyze the influences of gender, ethnicity, and culture on individual development.

**Topic 9: Forty to Sixty-five Years**

**Unit 1: Biological and Cognitive Development** (24 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**Unit 2: Emotional, Moral, and Psychosocial Development** (12 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

Human Growth and Development  
Alignment with NASAFACS Standards (NS)

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**Unit 3: Society and Culture** (5 strategies)

**(NS 6)** Evaluate the significance of family and its effects on the well-being of individuals and society.

- **6.2** Evaluate the effects of diverse perspectives, needs, and characteristics of individual and families.
- **6.2.1** Demonstrate awareness of multiple diversities and their effects on individuals, families, and society.
- **6.2.2** Analyze the effects of social and cultural diversity on individual and families.

## Topic 10: Sixty-six Plus

**Unit 1: Biological and Cognitive Development** (23 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**Unit 2: Emotional, Moral, and Psychosocial Development** (16 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.1** Analyze principles of human growth and development across the life span.
- **12.1.1** Analyze physical, emotional, social, moral, and cognitive development.

**Unit 3: Society and Culture** (9 strategies)

**(NS 12)** Analyze factors that influence human growth and development.

- **12.2** Analyze conditions that influence human growth and development.
- **12.2.1** Analyze the influences of heredity and environment on human growth and development.
- **12.2.2** Analyze the influences of social, economic, and technological forces on individual growth and development.

## Topic 11: Career Preparation and Employability Skills

**Unit 1: Employability Skills** (25 strategies)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.2** Demonstrate job seeking and job keeping skills.

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Alignment with NASAFACS Standards (NS)

- **1.2.8** Demonstrate employability skills, work ethics, and professionalism.

**Unit 2: Communication Skills** (9 strategies)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.3** Apply communication skills in school, community and workplace settings and with diverse populations.

**Unit 3: Leadership and Teamwork Skills** (20 strategies)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.4** Demonstrate teamwork skills in school, community and workplace settings and with diverse populations.
- **1.2.6** Demonstrate leadership skills and abilities in school, workplace and community settings.

**Unit 4: Decision Making and Goal Setting** (11 strategies)

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.1** Analyze career paths within early childhood, education & related services.
- **4.1.3** Summarize education and training requirements and opportunities for career paths in early childhood, education, and services.

**Unit 5: Problem Solving and Conflict Management** (7 strategies)

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.1** Analyze career paths within early childhood, education & related services.
- **4.1.3** Summarize education and training requirements and opportunities for career paths in early childhood, education, and services.

**Topic 12: Employment Opportunities in Education and Training**

**Unit 1: Interest, Aptitude, and Opportunities** (6 strategies)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.

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- **1.2.1** Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career.

**Unit 2: Employment and Entrepreneurial Opportunities** (*10 strategies*)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.1** Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career.

## Topic 13: Career Portfolio

**Unit 1: Portfolio** (*10 strategies*)

**(NS 1)** Integrate multiple life roles and responsibilities in family, work, and community settings.

- **1.2** Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
- **1.2.2** Demonstrate job seeking and job keeping skills.

**(NS 4)** Integrate knowledge, skills, and practices required for careers in early childhood, education, and services.

- **4.1** Analyze career paths within early childhood, education & related services.
- **4.1.5** Create an employment portfolio to communicate education and early childhood knowledge and skills.