

Human Growth and Development Pacing Guide

	Recommended Weeks
FCCLA Introduction	2 Weeks
Topic 1: Historical, Theoretical, and Research Perspectives	2 Weeks
<ul style="list-style-type: none"> • Unit 1: Theories and Theorists (4) • Unit 2: Research (11) 	
Topic 2: Prenatal Care and Development	3 Weeks
<ul style="list-style-type: none"> • Unit 1: Nutritional Needs (11) • Unit 2: Health and Medical Care (15) • Unit 3: Prenatal Development Stages (12) • Unit 4: Genetics and Environmental Factors (8) 	
Topic 3: Newborn to Two Years	4 Weeks
<ul style="list-style-type: none"> • Unit 1: Newborn and Infant Development (18) • Unit 2: Optimizing Infant Development (17) • Unit 3: Newborn and Infant Nutrition (6) • Unit 4: Toddler Development (15) • Unit 5: Optimizing Toddler Development (15) • Unit 6: Toddler Nutrition (28) • Unit 7: Guidance Techniques (9) 	
Topic 4: Three to Five Years	3 Weeks
<ul style="list-style-type: none"> • Unit 1: Growth and Development (10) • Unit 2: Optimizing Development (13) • Unit 3: Nutrition (6) • Unit 4: Guidance Techniques (6) 	
Topic 5: Six to Ten Years	3 Weeks
<ul style="list-style-type: none"> • Unit 1: Growth and Development (11) • Unit 2: Optimizing Development (18) • Unit 3: Nutrition (15) • Unit 4: Guidance Techniques (4) 	
TESTING	1 Week
Topic 6: Care and Protection of Children and Adolescents	3 Weeks
<ul style="list-style-type: none"> • Unit 1: Services, Agencies, and Resources (9) • Unit 2: Child Abuse (11) • Unit 3: Health Care and Safety (45) • Unit 4: Changing Demographics and Cultural Diversity (4) 	
Topic 7: Eleven to Nineteen Years	3 Weeks
<ul style="list-style-type: none"> • Unit 1: Biological and Cognitive Development (18) • Unit 2: Emotional and Social Development (20) • Unit 3: Family and Society (6) • Unit 4: Adolescent Guidance Techniques (5) 	
Topic 8: Twenty to Thirty-Nine Years	3 Weeks
<ul style="list-style-type: none"> • Unit 1: Biological and Cognitive Development (18) • Unit 2: Emotional, Moral, and Psychosocial Development (17) • Unit 3: Society and Culture (9) 	

Topic 9: Forty to Sixty-Five Years	3 Weeks
• Unit 1: Biological and Cognitive Development (24)	
• Unit 2: Emotional, Moral, and Psychosocial Development (12)	
• Unit 3: Society and Culture (16)	
Topic 10: Sixty-Six Plus	3 Weeks
• Unit 1: Biological and Cognitive Development (5)	
• Unit 2: Emotional, Moral, and Psychosocial Development (23)	
• Unit 3: Society and Culture (16)	
Topic 11: Career Preparation and Employability Skills	2 Weeks (Units 11-13)
• Unit 1: Employability Skills (25)	
• Unit 2: Communication Skills (9)	
• Unit 3: Leadership and Teamwork Skills (20)	
• Unit 4: Decision Making and Goal Setting (11)	
• Unit 5: Problem-Solving and Conflict Management (7)	
Topic 12: Employment Opportunities in Education and Training	
• Unit 1: Interest, Aptitude, and Abilities (6)	
• Unit 2: Employment and Entrepreneurial Opportunities (10)	
Topic 13: Career Portfolio	
• Unit 1: Portfolio (10)	
TESTING	1 Week