

## HUMAN DEVELOPMENT AND WELLNESS

*Human Development and Wellness* is valuable for all students as a life foundation and academic enrichment; it is especially relevant for students interested in careers impacted by individuals' physical, social, emotional, and moral development and wellness across the lifespan. Major topics include principles of human development and wellness; impacts of family on human development and wellness; factors that affect human development and wellness; practices that promote human development and wellness; managing resources and services related to human development and wellness; and career exploration in human development and wellness. Life events and contemporary issues addressed in this course include (but are not limited to) change; stress; abuse; personal safety; and relationships among lifestyle choices, health and wellness conditions, and diseases. A project-based approach that utilizes higher order thinking, communication, leadership, and management processes is recommended in order to integrate the study of these topics. Authentic applications through service learning are encouraged.

- DOE Code: 5366
- Recommended Grade Level: Grade 10, 11, 12
- Recommended Prerequisites: None
- Credits: 1 credit per semester, maximum of 2 credits
- This course is one of the six FACS courses from which students may choose three to fulfill the required Health and Safety credit—See Rule 511 IAC 6-7-6 (6)
- Counts as a Directed Elective or Elective for the General, Core 40, Core 40 with Academic Honors and Core 40 with Technical Honors diplomas
- This course is aligned with the following Post-Secondary courses for Dual Credit:
  - Ivy Tech
    - HLHS Health and Wellness for Life (pending approval)

### Dual Credit

This course provides the opportunity for dual credit for students who meet postsecondary requirement for earning dual credit and successfully complete the dual credit requirements of this course.

### Application of Content

Intensive laboratory applications are a required component of this course and may be either school based or on-the-job or a combination of the two. Work-based experiences in closely related industry settings are strongly encouraged. A Standards-based plan for each student guides the work-based experience.

### Career and Technical Student Organizations

Career and Technical Student Organizations are considered a powerful instructional tool when integrated into Career and Technical Education courses. They enhance the knowledge and skills students learn in a course by allowing a student to participate a unique program of career and leadership development. Students in this course should be encouraged to participate in FCCLA and/or HOSA.

## Content Standards

### Domain 1 – Personal, Academic, and Career Success

**Core Standard 1** Integrate processes of thinking, communication, leadership, and management in order

to apply human development and wellness knowledge and skills.	
<b>Standards</b>	
HDW-1.1	Demonstrate components of critical thinking, creative thinking, and reasoning
HDW-1.2	Evaluate effective communication processes in school, family, career, and community settings
HDW-1.3	Demonstrate leadership that encourages participation and respect for the ideas, perspectives, and contributions of group members
HDW-1.4	Apply management, decision-making, and problem solving processes to accomplish tasks and fulfill responsibilities
HDW-1.5	Examine interrelationships among thinking, communication, leadership, and management processes to address family, community, and workplace issues
HDW-1.6	Demonstrate fundamentals to career success (e.g. strong work ethic, time-management, positive attitude, adaptability/flexibility, stress resilience, accountability, self-discipline, resourcefulness, cooperation, self-assessment)
<b>Domain 2 – Principles of Human Development and Wellness</b>	
<b>Core Standard 2</b> Analyze principles and relationships among human development and wellness across the lifespan.	
<b>Standards</b>	
HDW-2.1	Describe general patterns of physical, social, emotional, and moral development across the lifespan
HDW-2.2	Describe key developmental tasks of infancy, early childhood, middle childhood, adolescence, and early, middle, and late adulthood
HDW-2.3	Relate individual goals with developmental tasks across the lifespan, particularly during adolescence and adulthood
HDW-2.4	Identify and describe the basic components of wellness
<b>Domain 3 – Impacts of Family on Human Development and Wellness</b>	
<b>Core Standard 3</b> Analyze principles of family development and wellness across the lifespan.	
<b>Standards</b>	
HDW-3.1	Describe characteristics, advantages, concerns, and functions of various family structures in a diverse society
HDW-3.2	Describe characteristics and needs of individuals and families during various stages of the family life cycle
HDW-3.3	Analyze the effects of family as a system on the well-being of individuals and society
<b>Domain 4 – Factors that Affect Human Development and Wellness</b>	
<b>Core Standard 4</b> Analyze factors that affect human development and wellness across the lifespan and evaluate one’s own health and risk factors.	
<b>Standards</b>	
HDW-4.1	Investigate impacts of hereditary, physical, psychological, biological, environmental, and social factors that influence human development and wellness across the lifespan, including intergenerational aspects
HDW-4.2	Examine connections among physical, emotional, social, and intellectual aspects of human development and wellness, including consequences of risky behaviors

	HDW-4.3	Investigate effects of life events and contemporary issues on human development and wellness across the lifespan and stage of family life (i.e., unemployment, death, divorce, addictions, disorders, family violence, chronic illnesses, depression, stress, and other challenging issues)
	HDW-4.4	Identify common defense mechanisms and patterns of reaction used by individuals and families in times of crisis (e.g., divorce, death, illness, unemployment, etc.)
	HDW-4.5	Describe coping strategies that promote individual and family wellness in times of crisis
<b>Domain 5 – Practices that Promote Human Development and Wellness</b>		
<b>Core Standard 5</b> Recommend and apply practices that promote human development and wellness throughout the lifespan.		
	<b>Standards</b>	
	HDW-5.1	Demonstrate techniques for prevention and management of illness and disease, including healthy weight management
	HDW-5.2	Demonstrate ways to handle stress and depression
	HDW-5.3	Create plans for individual and family safety and for emergency response
	HDW-5.4	Compare normal and abnormal conditions by identifying key components of assessments for wellness, including pulse and blood pressure measures; general, head-to-toe and 3-point assessments; and medical and health history
	HDW-5.5	Recommend actions to take in cases of addictions, violence toward self and others, and other destructive actions
	HDW-5.6	Establish and implement goals for individual wellness
<b>Domain 6 – Managing Health-Related Resources and Services</b>		
<b>Core Standard 6</b> Investigate and evaluate external support systems that promote wellness practices.		
	<b>Standards</b>	
	HDW-6.1	Evaluate current and emerging information related to human development and wellness
	HDW-6.2	Survey and assess community resources, services, support groups, and opportunities that support human development and wellness when in a crisis situation (suicide, domestic violence, dating violence, bullying, death, chronic illness, etc.)
	HDW-6.3	Describe the roles of social and medical support professionals, including mental health
<b>Domain 7 – Career Exploration in Human Development and Wellness</b>		
<b>Core Standard 7</b> Investigate career pathways, education, and training in areas related to human development and wellness.		
	<b>Standards</b>	
	HDW-7.1	Examine potential career paths, trends, and job market opportunities related to human development and wellness
	HDW-7.2	Determine roles and functions; knowledge, skills, and attitudes; and rewards and demands associated with various careers and levels of employment related to human development and wellness
	HDW-7.3	Analyze personal qualifications, interests, values, and educational preparation required for careers and employment in human development and wellness-related industries

	HDW-7.4	Identify volunteer roles, part-time jobs, and entry-level positions that offer opportunities to explore careers related to human development and wellness
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