STUDYWALKS · COURSE SYLLABUS

Human Growth and Development — High School Course with CLEP Preparation

Human development follows people from conception to old age, and every helping profession uses it.

CREDIT LABEL	HOURS GOAL	STUDYWALKS LEARNING HOURS	SUGGESTED OFFLINE HOURS
1.0 credit	**120 h**	**35 h**	**85 h**
high school, with the study plan	the 1.0-credit convention	measured runtime plus assessment time	reading, review and writing

35 h StudyWalks (8.8 h of lessons, 19.2 h of lectures, 6.8 h of quizzes and exams) + **85 h** suggested offline study = **120 h**. 1,005 lessons in 18 units; prepares for the CLEP Human Growth and Development exam.

High school credit is granted by the homeschool parent under the state's rules. StudyWalks supplies the record: hours, scores and this syllabus. The credit label is a suggestion; the parent makes the final call.

Course contents

Unit	Title and lecture topics	Lessons	Lecture
1	**Theories and Methods of Development** A science and its field · What development means · Continuous or in stages · Nature and nurture · Typical paths and their windows · The theories begin · Freud weighed · Erikson · Piaget · Vygotsky · A processor, and biology · Learning theory · Consequences and models · The settings around a person · Who gets studied · How knowledge is built · Watching and measuring · Cause, and time · Ethics	63	1 h 16 min (3 parts)
2	**Heredity, Prenatal Development, and Birth** Chromosomes · Genes and alleles · Patterns of inheritance · Genetic disorders · Genes meet environment · Sensitive genotypes · Reproduction and conception · When conception needs help · The first eight weeks · Growing, and surviving outside · Pregnancy loss · Teratogens · Risk in pregnancy · Prenatal testing · Labour · How birth happens · The newborn assessed · The first weeks	68	1 h 18 min (3 parts)
3	**Infancy: Body and Mind** Growth · Sleep · Feeding · Building the brain · Regions and change · Threats to infant health · Reflexes · Walking · Motor skills · Seeing · The other senses · Piaget's sensorimotor stage · Piaget revised · Attention and memory · Learning with others · First sounds and words · Milestones and theories · Tuning in · Deprivation	72	1 h 22 min (3 parts)
4	**Infancy: Self and Others** A self emerges · Sex and gender · Temperament · Fit and personality · Erikson's infant crises · Emotions · Regulating emotion · Social beginnings · Explaining attachment · Attachment forms, and is measured · The fourth pattern · Culture and generations · Families · Childcare · Wider influences	54	1 h 6 min (3 parts)

Unit	Title and lecture topics	Lessons	Lecture
5	**Early Childhood: Body and Mind** Growth · The brain · Health · Motor skills · Thinking · Beyond Piaget · Learning with others · The layers of language · Language, thought and access · Play	50	58 min (2 parts)
6	**Early Childhood: Self and Others** The self · Self-control · Autism · Gender · Ethnic-racial identity · Parenting · Parenting styles · Discipline · Maltreatment · Siblings and family change · Friends and play · Aggression and withdrawal · Media	50	58 min (2 parts)
7	**Middle Childhood: Body, Mind, and School** Body and brain · Health · Concrete operations · Information processing · Intelligence · Theories of intelligence · Measuring intelligence · At either end of the scale · School · Expectations and belief · Learning disorders · ADHD · The law · Language at school age · Teaching reading · More than one language	75	1 h 23 min (3 parts)
8	**Middle Childhood: Self, Morality, and Relationships** Competence and the self · Identity · Emotions at school age · Reading others · Moral reasoning · Friends and status · Family · Aggression and bullying · Media and school · When children struggle	54	1 h 1 min (2 parts)
9	**Adolescence: Body, Brain, and Reasoning** The body · The brain · Health habits · Decisions and risks · Eating disorders · Puberty · Sexual behaviour · Sexual health · Formal thought · Egocentrism, and Piaget weighed · Speed, culture and school · Reward and risk · Delinquency and substances	56	1 h 3 min (2 parts)
10	**Adolescence: Identity, Peers, and Family** The transition · Identity · Emotion and self · Heritage and identity · Models of identity · Gender and sexual identity · Coming out, and friends · Romance · Screens · School · Family and community	56	1 h (2 parts)
11	**Early Adulthood: Body, Mind, and Path** Emerging adulthood · The body at its peak · Health and inequality · Substances · Risk and mental health · Sexuality · Sexual health · Consent and assault · The adult brain and mind · Shortcuts and social thinking · From school to work	57	1 h 2 min (2 parts)
12	**Early Adulthood: Self, Intimacy, and Work** The self and the social clock · Stages of adult life · Personality · Identity · Needs and friends · Friends and family · Paths through school and work · Identity and intimacy · Love and family formation	50	56 min (2 parts)
13	**Middle Adulthood: Body, Mind, and Health** Aging and the mind · Senses and body · Reproductive change · Thinking at midlife · Minds at midlife · Culture, wisdom and creativity · Health risks · Stress · Work and leisure	48	55 min (2 parts)
14	**Middle Adulthood: Generativity, Love, and Family** Generativity and adult theories · Personality at midlife · Crisis, and love · Marriage · Divorce and after · Households · Caring across generations · Well-being	44	51 min (2 parts)
15	**Late Adulthood: Body, Health, and Mind** How long, and how we age · Theories of aging · The aging body and senses · The aging brain · Health and mental health · Thinking in late life · Memory · Wisdom and problem solving · Dementia · Alzheimer's disease · Aging well	59	1 h 4 min (2 parts)

Unit	Title and lecture topics	Lessons	Lecture
16	**Late Adulthood: Meaning, Relationships, and Retirement** Views of aging · Integrity and the self · Social networks and their theories · Family and partners · Retiring · Money and meaning in retirement · Where older adults live · Elder abuse · Aging well, socially and emotionally	49	56 min (2 parts)
17	**Death, Dying, and Grief** Defining death · How people die · Facing death · Death across cultures · End-of-life care · Choices at the end · Theories of grief · Kinds of loss · A good death	60	1 h 6 min (2 parts)
18	**Capstone: Development Across the Life Span** Families of theory · The great stage theorists · Stages weighed · Language from the start · Language across the lifespan · Nature and nurture · The senses from birth · The senses in adulthood · Built in, or built up · Intelligence: what it is · Measuring intelligence · Intelligence across adulthood	40	56 min (2 parts)

Assessment and grading

- **Unit quizzes.** 18 quizzes, 10 questions each, checked as the student goes, each answer with the lesson to review. Untimed; retakes are unlimited.
- **Mid exam.** 50 questions on units 1–9, drawn fresh each time and scored at the end with a breakdown by content area. Untimed; retakes are unlimited.
- **Final exam.** 90 questions, 90 minutes, on the whole course. Scored 20–80; 50 passes (60 of 90 correct, about 67%). Retakes are unlimited with a 24-hour wait, each a fresh draw.

Suggested composite grade

Part	Weight
Unit quizzes (average of best scores)	20%
Mid exam (best score)	20%
Final exam (percent correct)	60%

Suggested letter scale

Letter	Composite
A	90–100
B	80–89
C	70–79
D	60–69
F	below 60

Suggested; the parent sets the grade. A passing final is the completion standard for the course record.

Study plan

The 85 offline hours are spread over the units in proportion to each unit's StudyWalks time. For each unit: read the matching sections of *Lifespan Development (OpenStax); Lifespan Development: A Psychological Perspective; The Noba Project*, review the unit quiz misses, and write a one-page unit summary. Log the time as you go.

Unit	Title	StudyWalks	Offline, suggested	Unit total
1	Theories and Methods of Development	1 h 49 min	5 h 35 min	7 h 24 min
2	Heredity, Prenatal Development, and Birth	1 h 54 min	5 h 50 min	7 h 44 min
3	Infancy: Body and Mind	1 h 59 min	6 h 5 min	8 h 4 min
4	Infancy: Self and Others	1 h 34 min	4 h 45 min	6 h 19 min
5	Early Childhood: Body and Mind	1 h 24 min	4 h 15 min	5 h 39 min
6	Early Childhood: Self and Others	1 h 24 min	4 h 15 min	5 h 39 min
7	Middle Childhood: Body, Mind, and School	2 h 2 min	6 h 10 min	8 h 12 min
8	Middle Childhood: Self, Morality, and Relationships	1 h 29 min	4 h 30 min	5 h 59 min
9	Adolescence: Body, Brain, and Reasoning	1 h 32 min	4 h 40 min	6 h 12 min
10	Adolescence: Identity, Peers, and Family	1 h 29 min	4 h 30 min	5 h 59 min
11	Early Adulthood: Body, Mind, and Path	1 h 32 min	4 h 40 min	6 h 12 min
12	Early Adulthood: Self, Intimacy, and Work	1 h 22 min	4 h 10 min	5 h 32 min
13	Middle Adulthood: Body, Mind, and Health	1 h 20 min	4 h 5 min	5 h 25 min
14	Middle Adulthood: Generativity, Love, and Family	1 h 14 min	3 h 45 min	4 h 59 min
15	Late Adulthood: Body, Health, and Mind	1 h 35 min	4 h 50 min	6 h 25 min
16	Late Adulthood: Meaning, Relationships, and Retirement	1 h 22 min	4 h 10 min	5 h 32 min
17	Death, Dying, and Grief	1 h 37 min	4 h 55 min	6 h 32 min
18	Capstone: Development Across the Life Span	1 h 16 min	3 h 50 min	5 h 6 min
Lessons and lectures		**27 h 54 min**	**85 h**	**112 h 54 min**
Quizzes, mid exam and final (stated time)		**6 h 48 min**	**—**	**6 h 48 min**

Unit times are the unit's lecture runtime plus its lessons at the course's measured average lesson length; totals can differ from the learning hours by rounding.

Sources

- **Anchor:** OpenStax, *Lifespan Development* (Riser, Spielman, Biek), all 17 chapters. Book version dated April 23, 2026. CC BY-NC-SA 4.0
- **Witness 1:** Lally, M., and Valentine-French, S. *Lifespan Development: A Psychological Perspective*, 5th ed. College of Lake County, 2024. CC BY-NC-SA 3.0
- **Witness 2:** The Noba Project (Diener Education Fund), modules individually authored. CC BY-NC-SA 4.0
- **Diagnostic standard:** American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition, Text Revision (DSM-5-TR), 2022, for every diagnostic criterion taught.

StudyWalks finals are modeled on the CLEP exam blueprint in scope, format, and rigor. Scores are StudyWalks scores, not CLEP scores, and are not affiliated with or recognized by the College Board.

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