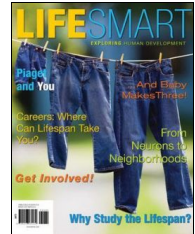


## PSY 160 Human Growth and Development

**Purpose:** The purpose of this course is to help students develop an understanding of the biological beginnings of human life and the key socio-emotional, physical and cognitive development milestones that take place throughout a person's life span.

**Recommended Textbook:** The primary learning resource for our study is the textbook, *LifeSmart*, 1<sup>st</sup> Edition. The author is Lisa B.Fiore. Softcover, 368 pages. © 2011 McGraw- Hill, ISBN-13: 9780078035241.



**Learning Outcomes:** By the end of this study, students should be able to:

1. Identify and summarize several major theories of human development.
2. Discuss key milestones at various stages of human development.
3. Recognize and discuss potential areas of difficulty at various developmental stages and appropriate intervention strategies.
4. Discuss social and individual issues related to late adulthood.

**Structure:** Learning resources have been divided into three sections, each with several Areas of Study. The Areas of Study correspond to a chapter of the recommended textbook.

### PSY 160.1 Human Beginnings and Infancy

First Area of Study: Lifespan Development: An Introduction

Second Area of Study: Theories of Development: Interpreting the Lifespan

Third Area of Study: Pregnancy and Prenatal Development

Fourth Area of Study: Birth and the Newborn

Fifth Area of Study: Infancy

### PSY 160.2 Childhood and Adolescent Development

First Area of Study: Early Childhood

Second Area of Study: Middle Childhood

Third Area of Study: Adolescence

### PSY 160.3 Adult Development and Aging

First Area of Study: Early Adulthood

Second Area of Study: Middle Adulthood

Third Area of Study: Late Adulthood

Fourth Area of Study: Dying and Spirituality

Fifth Area of Study: Putting it All Together: Lifespan Development in Action

**Academic Credit:** Academic credit is earned for this course by passing the Human Growth and Development Examination. The exam has three parts which correspond to the sections listed above.