**Syllabus of Human Growth and Development**

**1. Course Title;** Human Growth and Development

**2. Course Number**: (108)

**3. Credit Hours:** Total of (4) credits

Theory (2) credits

Lab. (2) Credits

**4. Course Calendar:** Total (6) hours weekly of (15) weeks.

Theory (2) hrs.

Lab. (4) Hrs.

**5. Placement:** 2nd Year /Second semester

**6. Instructors:** Staff of Pediatric Nursing Unit

**7. Course Description:**

This course will provide the students with basic knowledge related to human growth & development. It deepens their understanding about the human characteristics, needs, & their normal growth and developmental problems during different stages of human life.

**8. Course Goals:**

**At the completion of this course the students will be able to:**

* Define the concepts of growth, development, and maturation, and differentiate them.
* Understand psychosocial theories related to human growth and development.
* Identify the patterns of growth and development.
* State the principles of child development with examples to show the understanding of the principles.
* Describe the physical, social, emotional, spiritual and mental development that take place during different stages of the human beings life.
* Measure and records a particular weight, height, head circumference on a growth chart, In addition to use of Denver development screening test.
* Explain the stages of growth and development throughout the human being life cycle.
* Identify developmental problems the Individual face during different stages of growth and development.
* Discuss the role of the peer group, play, school and friends on the socialization of early and middle childhood and adolescence periods.
* Utilize the knowledge gained from the study of human growth and development in nursing care of individuals.

**9. Course Outline**

**The Theoretical Content**

**Unit 1: Foundations of growth and development:** (4) hrs.

• Definition of growth, development, and maturation.

• Patterns of growth and development.

• Stages of growth and development.

• Prenatal period (embryonic stage).

• Infancy period:

-Neonatal.

-Infant.

• Early childhood period:

-Toddler.

-Preschool.

• Middle child hood (school age) period.

• Adolescence period.

• Adulthood period.

• Elderly period.

• Influences on growth and development:

-Hereditary factors.

-Genetic potentials.

-Environmental factors.

-Socioeconomic.

-Nutrition.

-Exposure to teratogens.

-Endocrine functioning.

-Infectious diseases and accidents.

**Unit 2: growth and development measurement:** **(2) hrs.**

• Growth chart (growth monitoring).

• Measurement techniques.

• Denver development screening test (DDST).

• Measurement of height, weight, head circumference, chest circumference, thickness of skin fold, body mass index, arm circumference.

**Unit 3: Developmental theories:** **(3) hrs.**

• Theoretic Foundations of personality development:

-Psycho sexual development theory (Freud's theory).

-Psychosocial development theory (Erickson's theory). .

• Theoretic Foundations of mental development:

-Cognitive development theory (Piaget's theory).

-Moral development theory (Kohlbers theory)

-Separation- Individuation theory (Mahler's theory).

**Unit 4: Development implications of: (1) hr.**

• Genetic codes.

• Fetal growth and development (Development from conception to birth):

-Zygote to newborn.

-The germinal period.

-The period of embryo.

-The period of fetus.

**Unit 5: Infancy period (4) hrs.**

• Newborn:

-Appearance.

-Apgar score.

-Physical characteristics of newborn baby.

-Critical period.

-Birth problems and later handicapped.

-Sensory development.

-Central nervous system.

• The infant (infancy period):

-Physical characteristics.

-Cognitive development.

-Psychosocial development.

-Common infant needs.

-Development problems.

-Accidents and injuries.

**Unit 6: Early childhood Period (5) hrs.**

• Toddler and preschool Development:

-Biophysical development.

-Psychosocial development.

-Moral development.

-Cognitive and Language development.

-Social and emotional development.

• Toddler and preschooler needs.

• Toddler and preschooler developmental problems.

• Promoting healthy development and growth:

-Toddler nutrition.

-Preschooler nutrition.

-Immunization.

-Communication.

**Unit 7: Middle childhood and latency period (the school age) (4) hrs.**

• Biophysical development.

• Psychosocial development.

• Moral and spiritual development.

• Cognitive development.

• School age need.

• Developmental problems during school age.

**Unit 8: Adolescence period (4) hrs.**

• Biophysical development.

• Cognitive and psychosexual development.

• Moral and spiritual development.

• Common needs during adolescence period.

• Communication.

**Unit 9: Adulthood (3) hrs.**

• Young adulthood, middle adulthood:

-Biophysical and cognitive development.

-Normal age - related changes and health promotion.

-Psychosocial development of the young adult.

-Physical health problems during adulthood.

• Older adulthood:

-Normal age -related changes and health promotion.

-Physical aspects of aging.

-Physical social aspects of aging.

-Physical health problems in older population.

-Cognitive and psychosocial development.

-Retirement.

**The Clinical Content**

• Well baby clinic  **(20) hrs.**

• Nursery school **(8) hrs.**

• Kindergarten **(8) hrs.**

**•** Schools **(8) hrs.**

• Nursing homes **(8) hrs.**

• Visit of the nutritional research institute **(8) hrs.**

**Learning Resources:**

Scale, tape measurement, calibers, growth chart, Denver Development screening test (chart), raisin, ball, different Animals' pictures.

**Teaching / Learning Strategies:**

Lectures, discussions, role playing, field trips.

**Students Evaluation:**

1st theory exam. 20%

2nd theory exam. 20%

Project 5%

Class activities 5%

Final theory exam. 35%

Final clinical exam, 15%

**Total 100%**

**References**

* Hill, palty and Humphrey Patricia, Human Growth and Richard Fabes and Carol Lynn Martin,
* Exploring Child Development, 2nd ed., Person custom publishing, 2003.
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* Approach. Boston, Little Brown and company, 1986.
* Wong Donna L., et.al, Wong^s Essentials of Pediatric Nursing, 6th ed., New York. Mosby, 2001.
* Smeltzer, Suzanne C., et.al, Textbook of Medical Surgical Nursing, 10th ed., 2004.
* Feldman, Robert S., Development Across the life Span 3rd ed., New Jersey,
* Pearson Upper Saddle River, 2005.