Govt. Queen Mary Graduate College, Lahore
Department of Home Economics
University of the Punjab, Lahore

Programme	BS Home Economics Semester System (FYDP)	Course Code	HEHF-201	Credit Hours	3(3+0)
Course Title		**LIFESPAN DEVELOPMENT**			

Course Introduction
The course is designed to improve the quality of life by discovering, integrating, applying and discriminating knowledge about life span of human development, relationships families and communities. It also aims for the student to understand the complexity of individual development across the lifespan in diverse context and in changing environment.

Learning Outcomes
At the end of the course, the students will be able to: 1. Understand and work effectively with a diversity of individuals and communities. 2. Conduct cutting-edge, programmatic research in various domains of human development. 3. Apply, and synthesize developmental concepts in a variety of situations. 4. Create an enabling environment for people to enjoy long, healthy and creative lives.

Course Contents		
Week 1	Introduction: Lifespan perspective, Periods of development, Research methods for studying	
Week 2	Developmental changes, Overview of developmental theories	
Week 3	**Quiz 5%**	
Week 4	Problems of newborn and maternal postpartum concerns	
Week 5	Problems of newborn and maternal postpartum concerns **Assignment 10%**	
Week 6	Infancy and Toddlerhood: Physical and motor development, Cognitive development, Socio-emotional development in infancy, Nutrition and global considerations	
Week 7	Nutrition and global considerations	
Week 8	Childhood: Physical and motor development, Cognitive development, Personality development; **Mid Term Assessment 35%**	

Week 9	Parenting styles, Sibling relationships, Children and the media, Child abuse, Bullying	
Week 10	Adolescence and Early Adulthood: Physical development, Cognitive development, Socio-emotional Development **Quiz 5%**	
Week 11	Moral development; (Gender and identity in early adulthood, Career choice and professional development) Family adjustments: Marriage and Parenthood	
Week 12	Middle and Late Adulthood: Challenges of adulthood, Midlife Crisis; (Occupational and family adjustments), Religion and spirituality, Work, retirement and leisure **Presentation 5%**	
Week 13	Death and Dying: Developmental perceptions of death and death anxiety	
Week 14	Death and Dying: Curative, palliative and hospice care, Coping with loss and grief	
Week 15	Revision	
Week 16	**Final Assessment 40%**	

Text Books and Reading Materials

Berk, Laura E. (2013). Exploring lifespan development (3nd ed.). New York: Allyn& Bacon.
Broderick & Blewitt (2014). The life span: Human development for helping professionals (4th ed.). New York, NY: Pearson
Crain, W. (2011). Theories of development (6th ed.). Boston: Prentice Hall.
Kail, R. V. (2013). Human development (6th ed.). Australia: Wadsworth.
Moshman, D. (2011). Adolescent rationality and development (3rd ed.). New York NY: Psychology Press.

Teaching Learning Strategies

Lecture- based learning through lectures and presentations.
Group Assignments and discussions.
Individual learning through quiz and assessments

Assignments Types and Numbers

Formative Assessment will include:2 Quizzes comprised of short questions and MCQs -5%
Assignment- 10%
Presentation - 5%
Midterm -35%
Final Assessment-40% will include objective and essay type questions to evaluate the concepts and in-depth learning of the students.

Assessment and Examinations			
Sr. No	Elements	Weightage	Details
1.	Mid Term Assessment	35%	It takes place at the mid-point of the semester
2.	Formative Assessment	25%	It is continuous assessment. It includes: classroom participation, attendance, assignments and presentation, homework, attitude and behavior, hands on activities, short tests, quizzes etc
3.	Final Assessment	40%	It takes place at the end of the semester. It is mostly in the form of a test, but owing to the nature of the course the teacher may assess their students based on term paper, research proposal development, field work and report writing etc.