

Programme	Associate Degree in Home Economics	Course Code	HEHF-201	Credit Hours	3(3+0)
Course Title	Lifespan Development				
<b>Course Introduction</b>					
This course will introduce students to the field of lifespan development, focusing on the physical, cognitive, social, and emotional changes that occur from infancy through old age. It will equip students with the ability to analyse and apply key theories and concepts of human development, understand the complexity of individual development within diverse contexts and changing environments, and examine the implications of developmental processes for families, relationships, and communities					
<b>Learning Outcomes</b>					
At the end of the course, the students will be able to:					
<ol style="list-style-type: none"> <li>1. Understand and work effectively with a diversity of individuals and communities.</li> <li>2. Conduct cutting-edge, programmatic research in various domains of human development.</li> <li>3. Apply, and synthesize developmental concepts in a variety of situations.</li> <li>4. Create an enabling environment for people to enjoy long, healthy and creative lives.</li> </ol>					
<b>Course Contents</b>					
Week 1	Introduction: Lifespan perspective, Periods of development, Research methods for studying				
Week 2	Developmental changes, Overview of developmental theories				
Week 3	<b>Discussion or Display board</b>				
Week 4	<b>Display board (prepare display for physical presentation, any introductory topic)</b>				
Week 5	Problems of newborn and maternal postpartum concerns				
Week 6	Problems of newborn and maternal postpartum concerns				
Week 7	<b>Case study (research based, as an educational Aid for each problem)</b>				
Week 8	Infancy and Toddlerhood: Physical and motor development, Cognitive development, Socio-emotional development in infancy, Nutrition and global considerations				
Week 9	Nutrition and global considerations				
Week 10	Childhood: Physical and motor development, Cognitive development, Personality development;				
Week 11	<b>Mid Term Assessment</b>				
Week 12	Parenting styles, Sibling relationships, Children and the media, Child abuse, Bullying				
Week 13	Adolescence and Early Adulthood: Physical development, Cognitive development, Socio-emotional Development, <b>Discussion</b>				
Week 14	Moral development; (Gender and identity in early adulthood, Career choice and professional development) Family adjustments: Marriage and Parenthood				
Week 15	Middle and Late Adulthood: Challenges of adulthood, Midlife Crisis; (Occupational and family adjustments), Religion and spirituality, Work, retirement and leisure				
Week 16	Death and Dying: Developmental perceptions of death and death anxiety, <b>Presentation</b>				
Week 17	Death and Dying: Curative, palliative and hospice care, Coping with loss and grief				
Week 18	Revision				
Week 19	<b>Final Assessment</b>				
<b>Text Books and Reading Materials</b>					
Berk, Laura E. (2013). Exploring lifespan development (3rd ed.). New York: Allyn& Bacon.					
Broderick & Blewitt (2014). The life span: Human development for helping professionals (4 <sup>th</sup> 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.					
<b>Teaching Learning Strategies</b>					
Lecture- based learning through lectures and presentations. Group Assignments and discussions. Individual learning through Discussion or Display board and assessments					