**Human Growth & Development**

This course is a study on the development of the individual from conception through adulthood.  Theories and factual content underlying current thinking and research are examined, as well as the processes and influences affecting the developing person.  The focus is on biological (physical), social, emotional, and intellectual aspects across the lifespan.

**Topics and Objectives:**

**Development Theories**

* Summarize theories related to human growth and development.
* Explain how heredity and the environment influence human development.
* Identify aspects of the life span development.
* Explain the importance of prenatal and postpartum development on the infant’s future development.

**Infancy and Early Childhood**

* Describe the changes that occur physically, cognitively, and socio-emotionally during infancy and early childhood.
* Compare and contrast various concepts of parents and parental caregivers.
* Evaluate the different parenting styles and their influence on development during infancy and early childhood.
* Discuss early childhood education and its influence on cognitive development.

**Middle Childhood and Adolescence**

* Describe the changes that occur physically, cognitively, and socio-emotionally during middle childhood and adolescence.
* Examine how family dynamics affect development during middle childhood and adolescence.
* Compare additional pressures often faced in adolescence to middle childhood.
* Determine the influence of peers, both positive and negative, during middle childhood and adolescence.

**Early and Middle Adulthood**

* Describe the changes that occur physically, cognitively, and socio-emotionally during early and middle adulthood.
* Examine the impact of health habits during early and middle adulthood.
* Discuss the evolvement of social and intimate relationships during early and middle adulthood.
* Examine early and middle adulthood development of an individual in relationship to their psychological adjustment to aging and life style.

**Late Adulthood and Death**

* Describe the changes that occur physically, cognitively, and socio-emotionally during late adulthood.
* Analyze late adulthood and death of an individual as a culmination of the life span developmental process.
* Discuss ageism and stereotypes associated with late adulthood.
* Evaluate ways to promote continued wellness and mitigate declining health associated with aging.