

Al-Al Bayt University
Princess Salma Faculty of Nursing
Adult Health nursing

Course Title : Growth and Development

Course Number : 1001242

Credit Hours : 2

Pre requisite :

Placement :

Instructor: , ,

Course Description :

General objectives :

Course objectives:-

At the end of this course the students will be able to:-

1. Describe essential facts related to growth and development.
2. Outline the normal phases of human growth through out the life span.
3. Understand developmental theories related to growth and development.
4. Describe the physical, cognitive, psychological and moral changes that take place during different stages (from prenatal to old ages).
5. Identify the major biological, psychosocial, cognitive, spiritual and adaptive development during stages of development from infancy to older age.
6. Discuss the role of the peer group in the socialization of the early childhood, school age, and adolescent.
7. Outline a health teaching plan for preschool, school age, adolescent, and adult.
8. Identify health promotion topics, causes and preventive aspects of injuries and accidents from young adult hood through out old

Course outline :

growth and development

1. Overview of growth and development.
2. The three domains.

3. principles of growth and development.

4. factors that affected growth and development.

5. some research finding about growth and development.

theories of growth and development

1. Psychoanalytic theory:-

Freuds ideas.

2. Psycho social theory:-

Eriksons deas.

3. Cognitive theory:-

Piagets ideas.

4. Humanistic learning theory;-

Maslows ideas.

5. Mahlers theory:-

separation-individuation ideas

(individual Learning).

6. Behavioral (Moral) theory:-

Kohlbergs ideas,(individual Learning).

how to eveluate growth and development.

1. Measurement techniques:-

- weight .

- hight .

- head circonference .

- chest circonference .

-use the grwoth chart to assess the growth .

2. diagnostic test use for assess the development as-

- DDST .

- Parinting evaluation test .

Developmental implication .

Developmental implication of:-

1. Genetic code

2. Development from conception to birth

- Zygote to newborn

-The germinal period

* Placenta

* Inner cells

- The period of Embryo

The period of fetus (2nd trimester, 3rd trimester)

3. Modes of inheritance:-

- Dominant and recessive genes
- Sex-linked recessive genes
- Chromosomal abnormalities (causes of abnormalities)
- Genetic problems

4. Twin studies

Newborn stage

1. New born:-

*The new borns 1st minutes

- Appearance
- Apgar score
- Critical period

*new borns 24 hours .

- * reflexes during one month .
- * milestons of growth and development .
- * senses development .
- * nutrition of new borns .
- * complication of new born .
- * caring of new born .

. Infancy period

1st month-1st year:-

- Physical growth (wt,ht,hc.cc).
- Cognitive development
- Psychosocial development
- Health care needs of infancy
- Problems of infancy
- Communication and language development

Early childhood: (The toddler and the preschooler

1. Biophysical development of the toddler and the preschooler:

2. Psychosocial development of the toddler and preschooler:

- 2.1 Separation-individuation during the toddler and preschool years
- 2.2 Development of self-control
- 2.3 Psychosocial deprivation during the toddler and preschool years

3. Cognitive development
4. Language development during early childhood
 5. Developmental concepts of play
 6. Developmental concepts of a sexuality
 7. Development of self discipline

7.1 Development of conscience

7.2 Moral development

7.3 Influences affecting the conscience and moral development

Middle childhood and latency period: (the school-age)

1. Biophysical development of the school-age and the prepubescent
 2. Psychosocial development during the school-age years

2.1 Perspective on psychosocial development

2.2 Widening the social environment

2.3 Developing a positive self-image

3. Cognitive development

Adolescence

* Health promotion / Adolescent maturation

Scope of maturation during adolescence period.

Theories related to adolescent growth and development and gender role

Identity role of adolescent and role confusion

Maturation problem and secondary sex characteristic

Precocious puberty

delay puberty

Impact of environmental factors on adolescent maturation

Impact of adolescent health on adolescent identity such as:

Acne

Obesity

Precocious puberty

Delay puberty

Menstrual problems

Risk taking behavior in adolescence related to maturational alteration:

Substance abuse

Adolescent violence

emotional problems

School achievement problems

Eating problem

Nursing role

* Health promotion / adolescent nutrition

Adolescent nutritional needs and calories requirements according to rapid physical growth

Impact of nutrition on adolescent growth and development

Impact of adolescent life style on nutritional requirements

Factors influencing adolescent nutritional needs

Physical factors

Emotional factors
Cultural and social factors
Economic factors
Adolescent nutritional problems such as:
Obesity
Bulimia
Anorexia nervosa
Anemia

Young adulthood

1. Biophysical and cognitive and psychical development in young adulthood

*** Middlecence**

1. Biophysical development during Middlecence
2. Cognitive and psychosocial development in Middlecence
3. Middle age erases

Older adulthood

- . Biophysical development of later adulthood
2. Cognitive and psychosocial development of older adults
3. Retirement

Evaluation methodology :

First hour exam.....20
Second hour exam.....20
Participation.....10
Group Presentation.....10
Final exam.....40

References :

*1. Pillitteri, A. (2003). Maternal & Child Health Nursing : Care of. Pillitteri, A. (2003, 1,
*7-Human Growth and Development throughout out life: A nursing perspective.6. Palty , H. & Patricia,
H. (1982), 8,
*4-Nursing care of infants and childrenWong , D. (1995, 5,
*1-Fundamentals of Nursing:Kozier B. & Erb G.L. (2004, 2,
*3-The Process of Human, Development, A Holistic Life Span ApproachSchuster Clara and Ashburn
Shirley, (1993)., 4,
*6-The development of person through the life span .5. Kafhleen , B . (1983), 7,
*2-Human DevelopmentA Life Span Approach.Freiberg, K. (1979, 3,
*5- Maternity and Gynecologic Care: thenurse and the family4. Bobak, I. Jennies , M, (1993, 6,

Course Schedule :

Topic _____ **Hours**

No Information Available...