

كلية الاميرة سلمى للتربية.....

قسم صحة الأم والطفل.....

### توصيف مساق النمو والتطور

#### Course Outline of - Human Growth and Development

##### 1. Instructor's Information

Instructor's / Coordinator's Name:	Dr. SHEREEN HAMADNEH (Coordinator)
Office Hours:	Sundays 2:00 -3:00 Mondays 2:00 -3:00
Office and Phone:	(+9 2-6297000 62)
Email:	<a href="mailto:shereenh@aabu.edu.jo">shereenh@aabu.edu.jo</a>
Research and Teaching Assistant / Supervisor / Technical (if any):	_____

##### 2. Course Description

This course provides basic knowledge about human growth and development. The course provide introduction about human growth cycle and focuses on childhood developmental stages.

This course would enable students to understand and assess the normal process of human growth and development, and encourage them to utilize knowledge synthesis, problem solving techniques, critical thinking, and family centered approached in the provision of empowered care.

### 3. Course Information

Course No.: 1001337	Course Title: Human Growth and Development	Level: Undergraduate 3 <sup>rd</sup> & 4 <sup>th</sup> year
Course Type: Theoretical	Prerequisite / co-requisite: 1001225	Class Time: Sundays: 12:30 – 2:00 Mondays: 11:00 – 12:30
Academic Year: 2020/ 2021	Semester: 2	Study hours: 2

### 4. Course Objectives:

○ Describe essential facts related to growth and development.
○ Outline the normal phases of human growth throughout the life span.
○ Understand developmental theories related to growth and development.
○ Describe the physical, cognitive, psychological and moral changes that take place during different stages.
○ Identify the major biological, psychosocial, cognitive, spiritual and adaptive development during stages of development to outline a health teaching plan
○ Identify health risks and recognize health promotion topics and preventive aspects

### 5. Learning Outcomes

**(Knowledge, Skills, and Competencies)** Upon successful completion of the course, the students will be able to:

- Apply theoretical approaches of growth and development to children at different age groups.
- Describe patterns of development, immunization, nutrition, elimination, sleep, psychosocial development, cognitive and language development, play and safety to children in all stages of development.
- Identify deviations from normal growth and development.
- Discuss health maintenance and needs for mother during pregnancy and the growth and developmental milestones for fetal stages.
- Discuss health maintenance and needs of infants, toddlers, preschoolers, school age and adolescents.
- Apply appropriate nursing and medical interventions for the care of Child with selected child disorders.
- Describe a selected genitourinary tract anomalies and discuss their therapeutic management
- Analyze subjective and objective findings associated with selected growth and development alternation among children.
- Identify the nursing interventions to be applied to the care of children with altered growth and development function.
- Apply appropriate nursing and medical interventions for the care of children with selected growth and development alternation.
- Evaluate normal growth and development through childhood years.
- Discuss the nursing role of providing support for children with growth and developmental disorders and their families

- Identify teaching needs of parents related to promoting optimal health and development of children in all stages.
- Discuss nursing role in providing accurate teaching for parents of children with selected growth and development alternation.

## 6. Course Content

<b>Week</b>	<b>Subject</b>
First	Orientation to the course
Second	Theories and concepts of Human Development
Third	Theories and concepts of Human Development
Forth	Newborn Growth & Development
Fifth	Newborn Growth & Development
Sixth	Infancy Growth & Development
Seventh	Infancy Growth & Development
Eighth	<b>Med Exam</b>
Ninth	Toddler Growth & Development
Tenth	Toddler Growth & Development
Eleventh	Preschool Growth & Development
Twelfth	Preschool Growth & Development
Thirteenth	School age Growth & Development
Fourteen	School age Growth & Development
Fifteen	Adolescents' Growth & Development
Seventeen	<b>Final Exam</b>

## 7. Teaching and Learning Strategies and Evaluation Methods

<b>Learning Outcomes</b>	<b>Teaching Strategies</b>	<b>Learning Activities</b>	<b>Evaluation /Measurement Method</b>
<ul style="list-style-type: none"> <li>- Describe essential facts related to growth and development.</li> <li>- Outline the normal phases of human growth throughout the life span.</li> <li>- Understand developmental theories related to growth and development.</li> <li>- Describe the physical, cognitive, psychological and moral changes that take place during different stages.</li> </ul>	Lecturing Questioning Case studies/ update research findings Selected reading Audio-visual materials	Observations Exam Questions Written Assignment	<b>Exam/            presentations/            discussion/            assignments</b>

<ul style="list-style-type: none"> <li>- Identify the major biological, psychosocial, cognitive, spiritual and adaptive development during stages of development to outline a health teaching plan</li> <li>- Identify health risks and recognize health promotion topics and preventive aspects</li> </ul>			
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## 8. Assessment

Methods Used	Assessment Time	Distribution of grades
1- semester work (reports, assignments, Quizzes, Projects, attendance)	During semester	25%
2- Med Exam	Eighth week	25%
3- Final Exam	Week of the final exams	50%

## 9. Textbook

<b>Main Reference</b>	Textbook of Growth and Development for Nursing Students
Author	Neeraja K
Publisher	JAYPEE BROTHERS MEDICAL PUBLISHER
Year	2006
Edition	FIRST
Textbook Website	<a href="http://www.jaypeebrothers.com">www.jaypeebrothers.com</a>
<b>Second Reference</b>	Maternal- Child Nursing
Author(s)	Mc Kinney Emily, James Susan, Murray Sharon, and Ashwill Jean
Publisher	Elsevier Saunders.
Year	2009
Edition	Third Edition
Book Website	<a href="http://evolve.elsevier.com">http://evolve.elsevier.com</a>

## 10. Extra References (books and research published in periodicals or websites)

- Donna L. Wong & Marlinyn Hockenberry-Eaton (2009) Essentials of Pediatric Nursing. 8<sup>th</sup> edition, Mosby Company.
- Wong & Marilyn (2011) Wong's nursing care of infant and children. 9<sup>th</sup> edition, St. Louis. Mosby Company.
- Pilliteri, A. (2014). Maternal and child health nursing: care of the childbearing and childrearing family. (7<sup>th</sup> edition). Philadelphia: Lippincott.
- Betz, C.L. etc. (1994). Family-Centered Nursing Care of Children. W.B. Saunders Company.
- Pilliteri, A. (1999). Maternal and child health nursing: care of the childbearing and childrearing family. (3<sup>rd</sup> edition). Philadelphia: Lippincott.
- Boynton, R.W. Etc. (1994). Manual of ambulatory. Pediatrics J.B Lippincott.
- <http://www.werathah.com/>
- <http://www.childclinic.net/pain/vaccines.html>
- <http://www.childclinic.net/pain/infections.html>
- <http://www.ama-assn.org/ama/pub/category/1947.html>
- <http://www.ncemch.org/databases/PDFs/Bib%20PDFs/AdolMH.pdf>
- <http://www.elderweb.com/body/index.html>
- <http://ublib.buffalo.edu/libraries/units/hsl/resources/guides/childgrowt.html>
- <http://www.cdc.gov/ncbddd/child/default.htm>