

## Planning and Quality Assurance Affairs

Form (A)

### Course Specifications

#### General Information

Course name	Human Growth &Development
Course number	NURS3211
Faculty	
Department	
Course type	Major Needs
Course level	3
Credit hours (theoretical)	2
Credit hours (practical)	0
Course Prerequisites	

#### Course Objectives

- 1 - • Define terms related to growth &Development
- 2 - • Describe normal growth and development from newborn till adolescence
- 3 - • Recognize the different stages of growth and development throughout life span and its implications
- 4 - • Discuss principles of Growth & Development
- 5 - • Describe various factors including genetics ,that affect Growth &Development
- 6 - • Discuss the following theorists ,ideas about growth & Development
- 7 - • Identify methods used to assess Growth & Development

## Intended Learning Outcomes

Knowledge and Understanding	<ul style="list-style-type: none"> <li>* • Define the major concepts that relates to growth and development</li> <li>* • Identify the stages of growth and development.</li> <li>* • Describe the theories that are related to growth and development</li> <li>* • Identify the major biologic, psychosocial, cognitive, moral, &amp; spiritual development among all age group.</li> <li>* • Recognize the role of play in the development of children.</li> <li>* • State appropriate behavioral expectations and developmental tasks associated with each major stage of development.</li> </ul>
Intellectual Skills	<ul style="list-style-type: none"> <li>* • Differentiate between the developmental theories among all ages groups.</li> <li>* • Detect the usual physical, psychosocial. &amp; cognitive changes during among all ages groups</li> <li>* • Investigate the main health problems that are associated with elderly and their families</li> </ul>
Professional Skills	<ul style="list-style-type: none"> <li>* • Demonstrate ability to understand the basic concepts in caring for children and their families.</li> <li>* • Demonstrate ability to understand the basic concepts in caring for children and their families.</li> <li>* • Apply developmental theories related to the different age groups.</li> <li>* • Acquire the ability to apply health assessment for children, adulthood, &amp;elderly.</li> <li>* • Acquire the ability to apply health assessment for children, adulthood, &amp;elderly.</li> </ul>
General Skill	<ul style="list-style-type: none"> <li>* • Combine different nursing approaches to the developmental assessment clients of different age groups based on developmental theories.</li> <li>* • Synthesize a nursing care plan based on the Physical, psychosocial, cognitive needs of each age group.</li> <li>* • Combine different nursing approaches to the developmental assessment clients of different age groups based on developmental theories.</li> <li>* • Synthesize a nursing care plan based on the Physical, psychosocial, cognitive needs of each age group.</li> <li>* • Design the health needs of children and adult based on age group.</li> </ul>

## Course Contents

- 1 - Orientation Introduction to the course
- 2 - Growth And Development - Concepts of growth and development. - Factors influencing growth and development. - Trends of development and characteristics of physical growth.
- 3 - Physical Assessment of Children: - Growth measurements. - Physiologic Measurements. - Physical Examination. - Developmental Screening.
- 4 - The Neonatal developmental Stage: - Assessment of normal neonate. - Developmental problems of neonate (low birth weight, small for date). - Nutritional needs of the neonate.
- 5 - The Infancy Developmental Stage: - The Physical, psychosocial, and intellectual development of infant. - Needs for promotion normal growth and development.
- 6 - The Toddler Stage: - Developmental tasks of this age group. - Health promotion of toddlers.
- 7 - FIRST- EXAM
- 8 - The Preschool Age: - The physical, psychosocial, and intellectual characteristics of this stage. - Needs for promoting optimum development.
- 9 - The school Age Stage: - Characteristics of this stage. - Effects of school experiences on development.
- 10 - The Adolescent stage: - Physical, Psychosocial, and emotional development. - Adolescents and parents reaction to puberty. - Peers influence. - Health promotion during adolescence.
- 11 - SECOND- EXAM
- 12 - The Young Adulthood Stage: - Developmental tasks of this stage. - Needs for promoting optimum development.
- 13 - The Middle Adulthood Stage: - Developmental tasks. - Middle age crisis. - Needs for this stage.
- 14 - The Late Adulthood Stage: - The aging process. - Attitudes towards aging. - Elderly needs
- 15 - FINAL EXAM

## Teaching and Learning Methods

- 1 - • Interactive lectures.
- 2 - • Group discussion
- 3 - • Audiovisual materials

## Teaching and Learning Methods for the Disabled Students

- 1 - • Computer Assisted Instruction
- 2 - • Multimedia activities & Audio visuals
- 3 - Interactive educational activities.

## Students Assessment

<u>Assessment Method</u>	<u>TIME</u>	<u>MARKS</u>
First mid-term exam	7th-8th weeks	20%
Second mid-term exam	11th-12th weeks	20%
Attendance and discussion		5%
Homework and project reports		5%
Final Written Exams	16th week	50%

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## Books and References

Course note	Available at the University's library.
Essential books	Hockenberry,M. &Wilson, D. (2013) Wongs Essentials of Pediatric Nursing . 9thed, St Louis; The Mosby.
Recommended books	Nursing care of children, principle &practice ,fourth Edition(2012)  Kozier, B., Erb. G., Berman, A., Snyder, S. (2011) Fundamentals of Nursing Concepts, Process, and Practice (9thed.) New Jersey. Pearson Education International
Other References (Periodical, web sites, .... etc.)	<a href="http://www.cdc.gov/growthcharts/who_charts.htm">http://www.cdc.gov/growthcharts/who_charts.htm</a>