



Course Specifications

Course Title:	Human Growth and Development Throughout Life.	
Course Code:	(56023305-2)	
Program:	Bachelor degree in Nursing Sciences program	
Department:	Community Health Nursing And Health Care For Mass Gathering.	
College:	Faculty of Nursing	
Institution:	Umm Al-Qura University	

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A. Course Identification

1. Credit hours: 2Credit Hours			
2. Course type			
a.	University <input type="checkbox"/>	College <input checked="" type="checkbox"/>	Department <input type="checkbox"/>
b.	Required <input type="checkbox"/>	Elective <input type="checkbox"/>	Others <input type="checkbox"/>
3. Level/year at which this course is offered: Third year nursing students			
4. Pre-requisites for this course (if any): Medical English Language. -Fundamental of Nursing I. - Fundamental of Nursing II. - Clinical Nutrition in Wellness & Illness. - Medical Biochemistry I - Medical Biochemistry II - Human Physiology			
5. Co-requisites for this course (if any): Pediatric Nursing.			

6. Mode of Instruction (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	2 credit unit "theoretical	70
2	Blended		
3	E-learning	2 credit unit "theoretica	30
4	Distance learning		
5	Other		

7. Contact Hours (based on academic semester)

No	Activity	Contact Hours
1	Lecture	30 hours
2	Laboratory/Studio	
3	Tutorial	
4	Others (specify)	
	Total	30 hours

B. Course Objectives and Learning Outcomes

1. Course Description

At the end of this course, the student will be able to acquire the basic knowledge about concepts of growth and development, patterns and sequences of human growth and development throughout the life span. Assessment and detection for abnormalities in human growth and development are emphasized.

2. Course Main Objective

This course illustrates patterns and sequences of human growth and development that expresses the changes take place during the life time of human being. Human maturation and influences affecting health status through life span are considered. The basic concepts and mechanisms inherent in the process of human development from conception to late adulthood are emphasized.

3. Course Learning Outcomes

CLOs		Aligned PLOs
1	Knowledge and Understanding	
1.1	Define growth and development.	1.4
1.2	Identify types of growth and development.	1.3
1.3	Describe factors influencing growth, development and maturation.	1.1
1.4	Classify the characteristics and sequences of human growth and development.	1.1
1.5	Describe the abnormalities of growth and development.	1.1
2	Skills :	
2.1	Explain the patterns of growth and development.	2.1
2.2	Explain the most important biological, intellectual, emotional, behavioral and psychosocial development during childhood and adulthood.	2.1
2.3	Explain human maturation.	2.1
2.4	Design the developmental theories.	2.1
2.5	Interpret the changes during life time of human being.	2.2
2.6	Differentiate between normal and abnormal growth and development from embryonic stage till late adulthood.	2.3
2.7	Explain the process of growth and development.	2.2
3	Values:	
3.1	Perform a case presentation / unit.	3.2

C. Course Content

No	List of Topics	Contact Hours
1	Overview & Introduction for Course Syllabus	۲
	Introduction to human growth and development	
2	Developmental theories	۲
3	Overview of fetal development	۲
4	Overview of normal newborn growth and development	۲
5	Overview of normal infant and childhood growth and development.	۲
۶	Overview of normal Toddler growth and Development	۲
۷	Overview of preschool growth and development	۲
۸	Overview of normal school growth and development:	۲
۹	Overview of normal adolescent growth and development.	۲
۱۰	Development of early adulthood.	۲
۱۱	Development of Middle adulthood.	۲
۱۲	Development of older adulthood.	۲
۱۳	<ul style="list-style-type: none">Death and dying process.Coping strategies.Nursing role in death and dying situations	۲

١٤	Case Presentation	٢
١٥	Revision	٢
Total		٣٠ hours

D. Teaching and Assessment

1. Alignment of Course Learning Outcomes with Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
1.0	Knowledge		
1.1	Define growth and development.	-Lecture -Small group discussion -Case presentation	<ul style="list-style-type: none"> Midterm exam (30 minute /quiz), they are objective paper and pencil tests on the course content carrying 30 % of students' final evaluation weight). Case presentation 20% Final written (2 hours), it is an objective paper and pencil test on the course content carrying 50 % of students' final evaluation weight).
1.2	Identify types of growth and development.		
1.3	Describe factors influencing growth, development and maturation.		
1.4	Classify the characteristics and sequences of human growth and development.		
1.5	Describe the abnormalities of growth and development.		
2.0	Skills		
2.1	Explain the patterns of growth and development.	-Lecture -Small group discussion -Case presentation	<ul style="list-style-type: none"> Midterm exam (30 minute /quiz), they are objective paper and pencil tests on the course content carrying 30 % of students' final evaluation weight). Case presentation 20% Final written (2 hours), it is an objective paper and pencil test on the course content carrying 50 % of students' final evaluation weight).
2.2	Explain the most important biological, intellectual, emotional, behavioral and psychosocial development during childhood and adulthood.		
2.3	Explain human maturation.		
2.4	Design the developmental theories.		
2.5	Interpret the changes during life time of human being.		
2.6	Differentiate between normal and abnormal growth and development from embryonic stage till late adulthood.		
2.7	Explain the process of growth and development.		

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
3.0	Competence		
3.1	Perform a case presentation / unit.	Case presentation	A check list for evaluating the students while working on group assignments

2. Assessment Tasks for Students

#	Assessment task*	Week Due	Percentage of Total Assessment Score
1	Midterm exam	8 th week	20
2	Semester activities(at least two tasks)	12-13 th week	40
3	Final written exam.	week15	40

*Assessment task (i.e., written test, oral test, oral presentation, group project, essay, etc.)

E. Student Academic Counseling and Support

Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice :

- Academic office hours: Lecturers announce 2 hours per week to answer course related questions.
- Academic advisor: Each student has an individual academic advisor who can provide any help in academic progression and address any related issues.
- Referral system: For those students who do not respond to academic advising and need more help are referred to the head of the department.

F. Learning Resources and Facilities

1.Learning Resources

Required Textbooks	<ol style="list-style-type: none"> 1. Leifer G. and Hartston H. Growth and Development across the Live span. Saunders, USA, 2006. 2. Leif C. M. Physiology of Human Growth and Development: Molecular and Cell Biology. 5thed. worth Publishers, New York, 2006. 3. Berger K. S. The Developing Person: Through Childhood and Adolescence. 5th ed., Worth Publishers, New York, 2006. 4. Allender A.J and ASpradly. W.B.Community Health Nursing: Promoting and Protecting the Public's Health. 6th ed., 2005. 5. Taylor C., Lillis C., and LeMone P. Fundamental of Nursing. 5th ed., Lippincott Williams & Wilkins. 2005. 6. Allender j. and Spradley B. Community Health Nursing: Promoting and Protecting the Public's Health. 6th ed., Lippincott Williams & Wilkins. 2005. 7. Hockenberry J., M. Essentials of Pediatric Nursing. 7th ed., Mosby. London. 2005
Essential References Materials	<ul style="list-style-type: none"> • Leifer G. and Hartston H. Growth and Development across the Live span. Saunders, USA, 2006. • Leif C. M. Physiology of Human Growth and Development: Molecular and Cell Biology. 5thed. worth Publishers, New York, 2006.

	<ul style="list-style-type: none"> • Berger K. S. The Developing Person: Through Childhood and Adolescence. 5th ed., Worth Publishers, New York, 2006. • Allender A.J and ASpradly. W.B.Community Health Nursing: Promoting and Protecting the Public's Health. 6th ed., 2005. • Taylor C., Lillis C., and LeMone P. Fundamental of Nursing. 5th ed., Lippincott Williams & Wilkins. 2005. • Allender j. and Spradley B. Community Health Nursing: Promoting and Protecting the Public's Health. 6th ed., Lippincott Williams & Wilkins. 2005. • Hockenberry J., M. Essentials of Pediatric Nursing. 7th ed., Mosby. London. 2005. • Carol K.Segleman and ElizabethA, Rider: Life Span Human Growth . Wadsworth 2012, 2009 .
Electronic Materials	-University website. -Electronic library.
Other Learning Materials	Soft copy for books related to human growth and development.

2. Facilities Required

Item	Resources
Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)	Large lecture room's 50 students' capacity with appropriate spaces. Or virtual calss in case of distance learning
Technology Resources (AV, data show, Smart Board, software, etc.)	Plasma screen for data show-Approved university platforms.
Other Resources (Specify, e.g. if specific laboratory equipment is required, list requirements or attach a list)	----

G. Course Quality Evaluation

Evaluation Areas/Issues	Evaluators	Evaluation Methods
<ul style="list-style-type: none"> • Confidential completion of standard course evaluation questionnaire. • Oral feedback from students about weaknesses, strengths and satisfaction. • Online survey which allow students to express their opinions and evaluation in the educational process following these criteria: <ul style="list-style-type: none"> ▪ Content of the course 	Students	Direct

Evaluation Areas/Issues	Evaluators	Evaluation Methods
<ul style="list-style-type: none"> ▪ Methods of instruction ▪ Media that has been used during the course ▪ Lecturers' performance ▪ Educational environment. 		
<ul style="list-style-type: none"> • Confidential completion of standard course evaluation questionnaire. • Head department evaluation. 	<ul style="list-style-type: none"> ▪ The Instructor ▪ The Department 	Direct

Evaluation areas (e.g., Effectiveness of teaching and assessment, Extent of achievement of course learning outcomes, Quality of learning resources, etc.)

Evaluators (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

Assessment Methods (Direct, Indirect)

H. Specification Approval Data

Council / Committee	
Reference No.	
Date	4/1442H