



University of Thi-Qar
College of Nursing
Undergraduate Program
Human Growth and Development

1. Course Title: Human Growth and Development

2. Course Number: (108)

3. Credit Hours: Total (4) credits:
Theory (1) credits
Lab. (2) credits
Clinical (3) credits

4. Course Calendar: Total (6) hours weekly of (15) weeks:
Theory (3) hrs.
Lab. (-) hrs.
Clinical (3) hrs.

5. Placement: First Year / Second Semester

6. Course Description: This course will provide the students with basic knowledge related to human growth and development. It deepens their understanding about the human characteristics, needs, and their normal growth and developmental problems during different stages of human life

7. Course Goals: At the completion of this course the students will be able to:

- 1- Define the concepts of growth, development, and maturation, and differentiate them.
- 2- Understand psychosocial theories related to human growth and development.
- 3- Identify the patterns of growth and development.
- 4- State the principles of child development with examples to show the understanding of the principles.
- 5- Describe the physical, social, emotional, spiritual and mental development that take place during different stages of the human beings life.
- 6- Measure and records a particular weight, height, head circumference on a growth chart, In addition to use of Denver development screening test.
- 7- Explain the stages of growth and development throughout the human being life cycle.
- 8- Identify developmental problems the Individual face during different stages of growth and development.
- 9- Discuss the role of the peer group, play, school and friends on the socialization of early and middle childhood and adolescence periods.

8. Course Outline:

Part I: Overview of normal growth and development:

- 1.1. Prenatal period (embryonic stage).
- 1.2. Infancy period.
- 1.3. Early childhood period.
- 1.4. Middle childhood (school age) period.
- 1.5. Adolescence period.
- 1.6. Adulthood period.
- 1.7. Elderly period.

Part II: Factors Influences on growth and development

- 2.1. Hereditary factors.
- 2.2. Genetic potentials.
- 2.3. Environmental factors.
- 2.4. Socioeconomic.
- 2.5. Nutrition.
- 2.6. Exposure to teratogens.
- 2.7. Endocrine functioning.
- 2.8. Infectious diseases and accidents

Part III: Growth and development Measurement

- 3.1. Growth chart (growth monitoring).
- 3.2. Measurement techniques.
- 3.3. Denver development screening test (DDST).
- 3.4. Measurement of height, weight, head circumference,
- 3.5. Chest circumference, thickness of skin fold, body mass index, & arm circumference

Part IV: Developmental theories:

- 4.1. Theoretic Foundations of personality development
- 4.2. Theoretic Foundations of mental development

Part V: Midterm Examination

Part VI: Infancy period

- 6.1. Physical characteristics of newborn baby.
 - 6.1.1. Birth problems and later handicapped.
 - 6.1.2. Sensory development.
 - 6.1.3. Central nervous system.
- 6.2. The infant (infancy period)
 - 6.2.1. Physical characteristics.
 - 6.2.2. Cognitive development.
 - 6.2.3. Psychosocial development.

- 6.2.4. Common infant needs.
- 6.2.5. Development problems
- 6.2.6. Accidents and injuries

Part VII: Early childhood Period

- 7.1. Toddler and preschool Development
- 7.2.-Biophysical development.
- 7.3.-Psychosocial development.
- 7.4.-Moral development.
- 7.5.-Cognitive and Language development.
- 7.6.-Social and emotional development.

Part VIII: Toddler and preschooler needs.

- 8.1. Toddler and preschooler developmental problems.
- 8.2. Promoting healthy development and growth
- 8.3. Middle childhood and latency period (the school age)
- 8.4. Adolescence period

Part IX: Midterm Examination

Part X: Older adulthood:

- 10.1-Normal age
- 10.2 –related changes and health Promotion.
- 10.3 -Physical aspects of aging.
- 10.4 -Physical social aspects of aging.
- 10.5 -Physical health problems in older population.
- 10.6 -Cognitive and Psychosocial development.
- 10.7-Retirement.

Part XI : Development implications

- 11.1. Genetic codes.
- 11.2. Fetal growth and development (Development from conception to birth)
- 11.3. Zygote to newborn.
- 11.4. The germinal period.
- 11.5. The period of embryo.
- 11.6. The period of fetus.

Part XII: Adulthood young adulthood, Middle adulthood

- 12.1 -Biophysical and cognitive development.
- 12.2.-Normal age – related changes and health Promotion.
- 12.3. -Psychosocial development of the young adult.
- 12.4 -Physical health problems during adulthood