ST. JOSEPH’S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM

III SEMESTER   **HOME SCIENCE** TIME:3HRS/WEEK

HS 3201(3) **LIFE SPAN DEVELOPMENT**  MARKS:100

w.e.f 2024-2025 (23AK Batch) **SYLLABUS**

**OBJECTIVES:** To enable students to learn:

1. Scientific knowledge about child-development, and Developmental tasks at various stages of child development.
2. Use basic principles for assessment of various developments during childhood.
3. Observation of neonatal characteristics by visiting a maternity hospital.
4. Familiarize with problems of elderly through case studies and institutional visits.

**LEARNING OUTCOMES:** To enable students to learn:

1. Explain the fundamental concepts and principles of child development, including the factors influencing growth and development in children.
2. Understand the stages of prenatal development and the key physical, motor, cognitive, and socio-emotional developments during infancy and babyhood.
3. Describe the physical, emotional, social, and cognitive development during early and late childhood, including key theories such as Piaget’s preoperational and concrete-operational stages.
4. Understanding of the physical, physiological, cognitive, emotional, and social changes that occur during adolescence, with an emphasis on Piaget’s formal-operational stage.
5. Identify and explain the developmental tasks and significant changes during young adulthood, middle adulthood, and late adulthood, including physical, cognitive, and socio-emotional aspects, as well as coping strategies for the challenges of old age.

**UNIT- I: INTRODUCTION TO GROWTH AND DEVELOPMENT:**

1. Understanding the terms Child, Growth, Development, Child Development, Human Development, and Developmental tasks.
2. Principles of Child Development and Factors influencing growth and Development of Children.
3. Determinants of Development - Heredity Vs. Environment - Maturation Vs. Learning
4. Stages of Development across lifespan

**UNIT – II: PRENATAL AND EARLY YEARS OF DEVELOPMENT :**

1. Stages of Prenatal development - Physical and Physiological changes during pregnancy- - Complications during pregnancy. Importance of Placenta, Amniotic Fluid, Role of Hormones during Pregnancy
2. Stages of birth and Types of Birth
3. Infancy – Characteristics -Physical proportions, Physiological functions, Motor activities.
4. Babyhood – Developmental Tasks and Characteristics, Physical-motor development, Cognitive development - Piaget’s Sensorimotor stage, Language, Socio-emotional development.

**UNIT – III: DEVELOPMENT DURING EARLY AND LATE CHILDHOOD:**

1. Early Childhood Period –Characteristics -Physical, Emotional, Social and Cognitive development-Piaget’s Preoperational stage -Social stages in play.
2. Late Childhood Period – Characteristics, Physical, Emotional, Social and Cognitive development-Piaget’s Concrete-operational stage.

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**UNIT – IV: DEVELOPMENT DURING ADOLESCENCE:**

1. Adolescence – Definitions by WHO, UNICEF, NCERT- Characteristics of Adolescence
2. Physical and physiological Changes during puberty for Boys and girls
3. Developments during adolescence – Cognitive-Piaget’s Formal-operational stage, Emotional and Social development

**UNIT – V: DEVELOPMENT DURING ADULTHOOD:**

1. Young Adulthood - Definition, Development tasks, significance of the period, Adjustments during young adulthood period
2. Middle adulthood – Definition, physical, physiological and Psychological changes during middle age, preparation for retirement.
3. Late adulthood –Sub groups and definitions, Characteristics of old age – Physical and physiological changes during old age, cognitive and memory changes. Problems of old age and coping up strategies

**REFERENCES:**

1.Berk, L. E. (2007). Child Development. Prentice-Hall of India Pvt.Ltd, New Delhi.

2. Feldman, R.S. (2011).Understanding Psychology, Tenth Edition, Tata MC Graw Hill Education Private Limited, McGraw- Hill, New Delhi.

3. Hurlock – E.B. (1990) Child Development, Tata McGraw Hill Company Ltd, New York. McGraw- Hill, New Delhi.

4. Santrock, J. W. (2013). Child Development. Tata McGraw Hill Company Ltd, New Delhi.

5. Singh, A.(2015). Foundations of Human Development: A life span approach, 1st edition Orient Black Swan Pvt. Ltd., New Delhi.

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