



Course Specifications

Course Title:	Human Growth and Development
Course Code:	NUR 353
Program:	B. Sc. In Nursing
Department:	Dept. of Nursing
College:	College of Applied Medical Sciences in Al-Dawadmi
Institution:	Shaqra University

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A. Course Identification

1. Credit hours: 2 credit hours			
2. Course type a. University <input type="checkbox"/> College <input type="checkbox"/> Department <input checked="" type="checkbox"/> Others <input type="checkbox"/> b. Required <input checked="" type="checkbox"/> Elective <input type="checkbox"/>			
3. Level/year at which this course is offered: Level 5 / 3rd Year			
4. Pre-requisites for this course (if any): NUR232+NUR 351			
5. Co-requisites for this course (if any): None			

6. Mode of Instruction (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom		
2	Blended	2 X 15 =30	100%
3	E-learning		
4	Distance learning		
5	Other		

7. Contact Hours (based on academic semester)

No	Activity	Contact Hours
1	Lecture	2 X 15 =30
2	Laboratory/Studio	
3	Tutorial	
4	Others (specify)	
	Total	

B. Course Objectives and Learning Outcomes

1. Course Description

This course is designed to introduce nursing student to the concepts of growth, development, and maturation. It explores the stages of growth and development throughout the life span. Specific emphasis is placed on the physical, emotional, cognitive, social, and spiritual growth and development of human beings. Nursing precaution measures in each developmental stage are also addressed.

2. Course Main Objective

Upon completion of this course, the student should be able to:

1. Define concepts of growth, development and maturation.
2. Recognize theories of development from new born to adulthood
3. State the nursing care needed for each developmental stage
4. Differentiate between normal and abnormal growth and development of human from birth to death.
5. Recognize the main stages, characteristics, factors affecting growth, development and maturation

3. Course Learning Outcomes

CLOs		Aligned PLOs
1	Knowledge and Understanding	
1.1	Recognize the different the types of Human Growth and Development	K1
1.2	Describe the concepts of growth, development and maturation.	K2
1.3	Recognize theories of development from new born to adulthood	K3
1.4	Outline the Factors influencing the growth, and development.	K2
2	Skills :	
2.1	Summarize the nursing care needed for each developmental stage	S1
2.2	Analyze normal and abnormal growth and development of human from birth to death.	S2
2.3	Interpret the main stages, characteristics, factors affecting growth, development and maturation	S4
2.4	Develop specific nursing interventions related to Growth and development	S5
3	Values:	
3.1	Use the nursing interventions related to Growth and development in every stage	C2
3.2		
3.3		
3...		

C. Course Content

No	List of Topics	Contact Hours
1	Introduction	1st -2nd

	Classification of terms. Characteristics of growth, development and maturation. Growth standards.	week
2	Factors That Affect Growth And Development:	3th -4th week
3	Theories of development: Psychosexual development Psychosocial development Cognitive development Morale development	5th -6th week
4	Stage of Growth and Development: Fetal New born(0-28 days) Infant(<1 year) Toddler (ages 1-3 years) Early childhood(preschool) (ages 3-6) Later childhood (school) (ages 7-11) Adolescence 2nd Mid Term Exam	7th – 12th week
5	Early Adulthood (ages 20-40) Middle Adulthood (ages 40-60)	13th - week
6	Later Adulthood (ages 60 +) Course Review	14th - week
7	- Course Review	15th week
Total		

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 and Understanding		
1.1	Recognize the different the types of Human Growth and Development	(a) Active Lecture, moodle lecture (b) Reading from the textbooks, related articles, medical journals and related websites. (c) Discussion to enhance their understanding and used to improve students' intellect and skills.	<ul style="list-style-type: none"> quiz ,1st & 2nd Mid Written Exam Home work

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
1.2	Describe the concepts of growth, development and maturation.	<ul style="list-style-type: none"> • Active Lecture, moodle lecture • Reading from the textbooks, related articles, medical journals and related websites. • Discussion to enhance their understanding and used to improve students' intellect and skills. 	<ul style="list-style-type: none"> • quiz ,1st & 2nd Mid Written Exam • Home work
1.3	Recognize theories of development from new born to adulthood	<ul style="list-style-type: none"> • Active Lecture, moodle lecture • Reading from the textbooks, related articles, medical journals and related websites. • Discussion to enhance their understanding and used to improve students' intellect and skills. 	<ul style="list-style-type: none"> • quiz ,1st & 2nd Mid Written Exam • Home work
1.4	Outline the Factors influencing the growth, and development.	<ul style="list-style-type: none"> • Active Lecture, moodle lecture • Reading from the textbooks, related articles, medical journals and related websites. • Discussion to enhance their understanding and used to improve students' intellect and skills. 	<ul style="list-style-type: none"> • quiz ,1st & 2nd Mid Written Exam • Home work
2.0	Skills		
2.1	Summarize the nursing care needed for	a) work and Solving problems in small and	<ul style="list-style-type: none"> • quiz ,1st & 2nd Mid

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
	each developmental stage	<p>large groups during tutorial to Increase and enforce Interpersonal Skills</p> <p>(b) Give students assignment on topics related to the subject.</p> <p>(c) Encouraging students to communicate among themselves under instructor guidance.</p>	<p>Written Exam</p> <ul style="list-style-type: none"> • Home work
2.2	Analyze normal and abnormal growth and development of human from birth to death.	<ul style="list-style-type: none"> • Active Lecture, moodle lecture • Reading from the textbooks, related articles, medical journals and related websites. • Discussion to enhance their understanding and used to improve students' intellect and skills. 	<ul style="list-style-type: none"> • quiz ,1st & 2nd Mid Written Exam • Home work
2.3	Interpret the main stages, characteristics, factors affecting growth, development and maturation	<ul style="list-style-type: none"> • Active Lecture, moodle lecture • Reading from the textbooks, related articles, medical journals and related websites. • Discussion to enhance their understanding and used to improve students' intellect and skills. 	<p>quiz ,1st & 2nd Mid Written Exam</p> <p>Home work</p>
2.4	Develop specific nursing interventions related to Growth and development	<ul style="list-style-type: none"> • Active Lecture, moodle lecture • Reading from the 	<p>quiz ,1st & 2nd Mid Written Exam</p> <p>Home work</p>

Code	Course Learning Outcomes	Teaching Strategies	Assessment Methods
		textbooks, related articles, medical journals and related websites. • Discussion to enhance their understanding and used to improve students' intellect and skills.	
3.0	Values		
3.1	Use the nursing interventions related to Growth and development in every stage	• Active Lecture, moodle lecture • Reading from the textbooks, related articles, medical journals and related websites. • Discussion to enhance their understanding and used to improve students' intellect and skills.	quiz ,1st & 2nd Mid Written Exam Home work
3.2			
...			

2. Assessment Tasks for Students

#	Assessment task*	Week Due	Percentage of Total Assessment Score
1	1st Mid Written Exam	6-7th	15%
2	2nd Mid Written Exam	11-12th	15%
3	Assignments	11th -13th week	10%
4	Quizzes	3th week	5%
5	Participation	All Weeks	5%
6	Final Exam	At the end of the semester	50%
8			

*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 :

Sunday 8-10 Am
 10 – 12pm
 Tuesday 8-10 Am
 Wednesday : 8-10 Am

F. Learning Resources and Facilities

1. Learning Resources

Required Textbooks	1. Thies, K. M., & Travers, J.F. (2009). <i>Quick look nursing: growth and development through lifespan</i> (2nd ed.). Sudbury, Mass.: Jones and Bartlett Publishers
Essential References Materials	<ol style="list-style-type: none"> 1. DeLaune, S. C., & Ladner, P. K. (2006). <i>Fundamentals of nursing : standards & practice</i> (3rd ed.). Clifton Park, NY: Thomson Delmar Learning. 2. Wright, L. M., & Leahey, M. (2005). <i>Nurses and families : a guide to family assessment and intervention</i> (4th ed.). Philadelphia, PA: F.A. Davis. 3. Berger, K.S. (2008). <i>The Developing Person Through the Lifespan</i> (7th Ed.). New York: Worth Publishers. 4. Berk, L E. (2008). <i>Exploring lifespan development</i> (1st ed.). Boston: Allyn and Bacon. 5. □ Didion, J. (2007). <i>The Year of Magical Thinking</i>. New York: Vintage Books. 6. □ Crain, W. (2005). <i>Theories of development: Concepts and Applications</i> (5th Ed.). New Jersey: Prentice Hall. 7. Papalia, D.E., S.W. Olds, and R.D. Feldman (2004). <i>Human development</i>, (9th ed.). St. Louis: McGraw –Hill Higher Education.
Electronic Materials	Saudi Digital Library: http://sdl.edu.sa/ebSCO data base - http://allnurses.com http://ssl.library.nu/account/login
Other Learning Materials	

2. Facilities Required

Item	Resources
Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)	Lecture Room FD 4 which is enough for 30 students.
Technology Resources (AV, data show, Smart Board, software, etc.)	1 PC, Data Show & Smart Board in the lecture room

Item	Resources
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
Effectiveness of Teaching & assessments	- Faculty Member - Educational Affairs Unit in the dept. - Peer Reviewers	- Exam questions corrections - Homework correction - Course evaluation survey - Analysis of course reports & student's results
Extent of achievement of course learning outcomes	- Program administrators - Quality Assurance experts & Reviewers	- Internal reviewing of the course contents, outcomes, reports & student's results.
Quality of learning resources		

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	