



# Course Specification

— (Bachelor)

Course Title **Human Growth and Development**

Course Code: **NRS**

Program: **Bachelor of Nursing**

Department: **Department of Nursing (NRS)**

College: **College of Nursing**

Institution: **Majmaah University**

Version: **V4**

Last Revision Date: **June 2023**



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## A. General information about the course:

### 1. Course Identification

1. Credit hours:( ٣Hours (3+0+0) )

#### 2. Course type

A. University College Department Track Others

B. Required Elective

3. Level/year at which this course is offered:( 3<sup>rd</sup> year 5<sup>th</sup> level)

#### 4. Course general Description:

This course designed to introduce nursing students to the concepts of human growth, development, and maturation. It explores the stages of human 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. Theories of personality development and nursing precaution measures in each developmental stage are also addressed.

#### 5. Pre-requirements for this course (if any):

NA

#### 6. Pre-requirements for this course (if any):

NA

#### 7. Course Main Objective(s):

The main purpose of this course is to provide nursing students with essential knowledge about human growth and development to help them to understand the nature and needs of individuals at all developmental levels.

### 2. Teaching mode (mark all that apply)

No	Mode of Instruction	Contact Hours	Percentage
1	Traditional classroom	45 hrs.	100%
2	E-learning		
3	Hybrid <ul style="list-style-type: none"> <li>• Traditional classroom</li> <li>• E-learning</li> </ul>		
4	Distance learning		





### 3. Contact Hours (based on the academic semester)

No	Activity	Contact Hours
1.	Lectures	45 hrs.
2.	Laboratory/Studio	
3.	Field	
4.	Tutorial	
5.	Others (specify)	
<b>Total</b>		45 hrs.

### B. Course Learning Outcomes (CLOs), Teaching Strategies and Assessment Methods

Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
<b>1.0</b>	<b>Knowledge and understanding</b>			
<b>K2.1</b>	<b>Describe</b> the physical, cognitive, psychological and moral changes that take place during different stages. <b>KPI35</b>	K2	Lecture-discussion	Quiz, Midterm & Final exams and assignment
<b>K2.2</b>	<b>Outline</b> the various factors that influence growth and development. <b>KPI42</b>	K2	Lecture-discussion & Support readings	Quiz, Midterm & Final exams
<b>K4.1</b>	<b>Identify</b> stages of human growth and development and characteristics, tasks and needs for each stage. <b>KPI07</b>	K4	Lecture-discussion	Quiz, Midterm & Final exams
<b>2.0</b>	<b>Skills</b>			
<b>S1.1</b>	<b>Apply</b> growth and development theories in nursing profession. <b>KPI20</b>	S1	Lecture & Support readings	Midterm & Final exams and Assignment
<b>S2.1</b>	<b>Design</b> a health teaching plan for	S2	Lecture & Discussion	Midterm & Final exams





Code	Course Learning Outcomes	Code of CLOs aligned with program	Teaching Strategies	Assessment Methods
	preschool, school age, adolescent, and adult age groups. <b>KPI12</b>			
<b>3.0</b>	<b>Values, autonomy, and responsibility</b>			
<b>V2.1</b>	<b>Verbalize</b> a holistic understanding of the stages of human growth and development throughout life span. <b>KPI44</b>	V2	Group discussion	Group Discussion Assingment

### C. Course Content

No	List of Topics	Contact Hours
1.	Unit 1: Introduction to Life Span Development	3
2.	Unit 2: Factors that influences human growth and development	6
3	Unit 3: Theories of development	6
4	Unit 4: Genetics & Prenatal influences on healthydevelopment	3
5	Unit 5: The Infant	3
6	Unit 6: Early childhood	6
7	Unit 7: Middle childhood	3
8	Unit 8: Adolescence	3
9	Unit 9: Early Adulthood	3
10	Unit 10:Middle Adulthood	3
11	Unit 11: Late Adulthood	3
12	Unit 12: Geriatrics: Advanced Old Age	3
Total		45

### D. Students Assessment Activities

No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
1.	Quiz	4th week	10%
2.	Midterm Exam	7th-8th week	30%
3.	Assignment	9th week	10%
4.	Professionalism & Group Discussion	10th-11th week	10%





No	Assessment Activities *	Assessment timing (in week no)	Percentage of Total Assessment Score
5.	Final Exam	12th-13th week	40%
<b>TOTAL</b>			<b>100%</b>

\*Assessment Activities (i.e., Written test, oral test, oral presentation, group project, essay, etc.).

## E. Learning Resources and Facilities

### 1. References and Learning Resources

Essential References	<ul style="list-style-type: none"> <li>Beckett, Chris and Taylor, Hilary, (2019): Human Growth &amp; Development, (4th Ed). Sage Publications. <b>ISBN-10</b> : 1526436485 <b>ISBN-13</b> : 978-1526436481</li> <li>Neeraja, K.P. (2006): Textbook of Growth and Development for Nursing Students, (1<sup>st</sup> ed) Jaypee Brothers, New Delhi.</li> </ul>
Supportive References	<ul style="list-style-type: none"> <li>Dacey, J. and Travers, J. (2008): Human Development Across the Lifespan. (7<sup>th</sup> ed) McGraw-Hill. New York. <b>ISBN-10</b> : 0073382655 <b>ISBN-13</b> : 978-0073382654</li> </ul>
Electronic Materials	<ul style="list-style-type: none"> <li><a href="http://www.researchnet.org">www.researchnet.org</a></li> <li><a href="http://www.nurseresearch.com">www.nurseresearch.com</a></li> <li><a href="http://www.Google.com">www.Google.com</a>,</li> <li><a href="http://www.pubmed.com">www.pubmed.com</a></li> <li><a href="http://www.books.google.co.in">www.books.google.co.in</a></li> <li><a href="http://www.sdl.edu.sa">www.sdl.edu.sa</a></li> </ul>
Other Learning Materials	Not Applicable

### 2. Required Facilities and equipment

Items	Resources
<b>Accommodation</b> (Classrooms, laboratories, demonstration rooms/labs, etc.)	Number of seats 30 to 40.
<b>Technology Resources</b> (AV, data show, Smart Board, software, etc.)	Smart or active board, latest Audio-visual aids and computer with internet access.
<b>Other Resources</b> (Specify, e.g. if specific laboratory equipment is required, list requirements or attach a list)	NA





## F. Assessment of Course Quality

Assessment Areas/Issues	Assessor	Assessment Methods
Effectiveness of teaching	Students	<b>Direct:</b> Course Evaluation Survey Quality of Exam Survey
	Faculty	<b>Indirect:</b> CLO Mapping with teaching & assessment. Course Blueprinting Grade Analysis Psychometric Analysis
	Peers	✓ Grade Verification
Effectiveness of students assessment	Students	<b>Direct:</b> Course Evaluation Survey Quality of Exam Survey
Quality of learning resources	Students / Faculty	✓ <b>Indirect:</b> Academic advising survey ✓ <b>Direct:</b> Student experience survey
The extent to which CLOs have been achieved	Faculty member / Quality assurance committee/ Program Leaders	✓ <b>Direct</b> assessment outcome analysis ✓ Course report preparation
Other	NA	---

**Assessors** (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

**Assessment Methods**(Direct, Indirect)

## G. Specification Approval

<b>COUNCIL /COMMITTEE</b>	<b>DEPARTMENT COUNCIL</b>
<b>REFERENCE NO.</b>	<b>4</b>
<b>DATE</b>	<b>19.09.2023</b>

