

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY  
PSY 230 - DEVELOPMENTAL PSYCHOLOGY (3 CR.)**

**Course Description**

Studies the development of the individual from conception to death. Follows a life-span perspective on the development of the person's physical, cognitive, and psychosocial growth. Lecture 3 hours per week.

**General Course Purpose**

Developmental Psychology studies the changes in human development and behavior across the lifespan, how people change over time and how and why certain characteristics remain consistent over the life course. Course focuses on the development of the individual from conception to death and follows a life-span perspective on the development of the person's physical, cognitive, and psychosocial growth.

This course is composite of Psychology 231 and 232 in a one semester format. The course provides all individuals, important guidelines needed about how people grow and develop over time, enabling them to better monitor their own growth and development and that of others. Understanding how we have become the people we are today contributes to greater self-awareness and greater appreciation of the forces that shape all people. The course also offers scientific and practical guidance to those who 1) work with, care for or raise children, 2) design prevention and health programs for children, adolescent and adults, and 3) provide opportunities for elderly to thrive.

The course targets students of psychology, nursing, child development, childhood education, teacher education, the day care industry, practicing teachers, parents and the general lay public interested in understanding issues related to development.

PSY 230 and PSY 231-232 contain similar course content. Students who take PSY 230 cannot receive credit for either PSY 231 or PSY 232. Students who take either PSY 231 or PSY 232 cannot receive credit for PSY 230.

**Course Prerequisites/Corequisites**

None.

**Course Objectives**

Upon completion of the course, the student will be able to:

- Describe the major physical, cognitive, and psychosocial changes in each stage of the lifespan.
- Recognize the various factors that influence an individual's behavior at each phase of life span development
- List and define the major theories of human development
- List and critique the advantages and disadvantages of various developmental research methods.
- Point out how the principles of developmental psychology are at work in your professional and personal life
- Explain the bidirectional interactions between the developing child and a dynamic environment
- List and describe historical and current issues in the field of human development
- Point out how cultural values can impact parenting practices, attachment, and other developmental behaviors in different ways

**Major Topics to be Included**

- Developmental Science Theories and Perspectives

- Influences and Issues in Developmental Psychology
- Research and Ethics
- Heredity and Environment
- Developmental Periods Across the Lifespan (physical, cognitive and psychosocial)
  - Conception and Prenatal Development
  - Infants and Toddlers
  - Early & Middle Childhood
  - Adulthood
  - Mature Adulthood and Aging
- F. Dying and Death