

**SOUTH PLAINS COLLEGE**

**Course Syllabus**

**VNSG 1133.501**

**Growth and Development**

**Vocational Nursing Program- Plainview Campus**

**Health Occupations Division**

**Technical Education Division**

**Instructor: Rebecca Halford, MSN, RN**

**Summer Semester 2019**

# **SOUTH PLAINS COLLEGE- PLAINVIEW**

## **SUMMER**

### **COURSE SYLLABUS**

**Course Title:** VNSG 1133.501 – Growth and Development

**Instructor:** Rebecca Halford, MSN, RN

**Office Location:** Plainview Campus- Room 104E

**Phone:** 806-296-9611

**Office Hours:** Mon: 0900-1100, Tues: 0900-1600, Friday by appointment only

#### **Course Description:**

Study of human growth and development throughout the lifespan with focus on developmental stages from prenatal to death.

#### **Learning Outcomes:**

The student will discuss primary nursing care of the client from prenatal development to the stages of dying and death.

#### **Course Objectives:**

Upon completion of this course the student is prepared to:

1. Describe the variances of growth and development throughout the life span.
2. Discuss the developmental milestones implicated for each stage of growth.
3. Discuss the developmental theories of growth and development and their impact on planning nursing care of each stage of life.
4. Recognize the influence of family, culture and society on growth and development and maturation.
5. Discuss factors of personality development during the childhood years that influence development into the life-span.

**Academic Integrity:**

Refer to (Plainview) Student Handbook (page 24) and the SPC College Catalog

**Scans & Foundation Skills :** (c-5,6,7,9,14,15/f-1,2,5,6,7,8,9,10,11,12,13,14,15,17)

**Verification of Workplace Competencies:**

NCLEX\_PN Licensure Exam eligibility following successful completion of the one year vocational nursing program.

**Text:**

\_Polan,Elaine U., RNC,MS, PhD, Taylor, Daphne R., RN,MS “ Journey Across the Life Span” Edition 6<sup>th</sup> (revised). F.A. Davis Company, Philadelphia

**Class Requirements:**

1. Student is expected to read assigned textbook material and be prepared for class discussion and quizzes.
2. Complete key words and learning objectives prior to class

**Grading:**

4 TESTS .....	65%	A.....	93-100
Final Exam .....	25%	B .....	84-92
Quizzes.....	10%	C.....	77-83
		D.....	Failing

**Class Schedule:**

May 20.....	Chapters 3-4
May 28.....	Chapters 5-6
June 3 .....	Exam 1 (3,4,5,6,)..... No Lecture
June 10 .....	Chapters 7-8
June 17.....	Exam 2 (7&8)..... No Lecture
June 24.....	Chapter 9-10
July 1.....	Exam 3 (9&10).....No Lecture
July 8.....	Chapter 11-12
July 15.....	Exam 4 (11&12)..... No Lecture.
July 22.....	Chapter 13-14
July 29.....	<b>FINAL EXAM.....!!!</b>

**Course Content:**

**Objectives for Human Growth and Development VNSG 1133**

**Family Chapter 3**

1. Give the classic definition of the term family.
2. Describe the eight family types.
3. Name two groups that assist the family in socializing the child.
4. List the four different stages of family development.
5. Contrast the characteristics of functional and dysfunctional families.

**Course Outline:**

- A. Family Functions
- B. Family Types
- C. Family Stages
- D. Family size, Birth Order and gender of Children
- E. Family Patterns

**Theories of Growth and Development Chapter 5**

1. Describe the five common characteristics of growth and development.
2. Name the two major influences on an individual's growth and development.
3. Compare Freud's psychoanalytical theory and Erickson's psychosocial theory of development.
4. Describe the common defense mechanisms used to treat anxiety.
5. Describe Piaget's theory of cognitive development.
6. Describe Kohlberg's theory of moral development.
7. Describe Maslow's theory of human needs.

**Course Outline:**

- A. Characteristics of Growth and Development
- B. Psychoanalytical Theory
- C. Defense Mechanisms
- D. Freud's Stages of Psychosexual Development
- E. Psychosocial Theory
- F. Cognitive theory
- G. Human Needs Theory
- H. Theory of Moral Development

## **Prenatal Period to Year 1 Chapter 6**

1. List three factors that promote a healthy pregnancy.
2. Name four factors that may have an adverse effect on pregnancy.
3. Describe the steps in prenatal development from fertilization to implantation.
4. Describe physical development for infants from 1 to 2 months.
5. Describe skin manifestations such as vernix caseosa, lanugo, Mongolian spots, milia and acrocyanosis.
6. List five reflexes present at birth.
7. Name the normal range for vital signs for newborns.
8. Compare the pattern of fine and gross motor skill acquisition.
9. Give an example of cognitive development for this stage.
10. State the process of language acquisition during infancy.
11. Describe the nutritional needs of developing infants.
12. Describe the advantages and disadvantages of breastfeeding and bottle feeding.
13. Distinguish between the stools of breastfed and formula-fed infants.
14. State the normal sleep pattern of the neonate.
15. List three interventions used to promote infant safety.
16. Name the immunization schedule for the newborn.
17. List two concerns for health promotion during the infancy period.

### **Course Outline:**

- A. Heredity
- B. Environment
- C. The Prenatal Period
- D. Physical Characteristics
- E. Nutrition
- F. Sleep and Rest
- G. Play
- H. Safety
- I. Health Promotion

## **Toddlerhood Chapter 7**

1. Describe the main physical characteristics common to toddlers.
2. Name three development skills that the toddler can master independently.
3. Describe the psychosocial task of the toddler as outlined by Erickson.
4. List one method of discipline useful in resolving conflicts during this stage.

5. Describe the stage of cognitive development for the toddler as presented by Piaget.
1. List two factors that help toddlers develop skills.
2. List three feeding recommendations for parents of toddlers.
3. Describe the type of play typical of toddlers.
4. Name five common safety hazards for this period of development.

**Course Outline:**

- A. Physical Characteristics
- B. Vital Signs
- C. Developmental Milestones
- D. Nutrition
- E. Sleep and Rest
- F. Play
- G. Safety
- H. Health Promotion

**Preschool Chapter 8**

1. Describe the physical changes that commonly occur during the preschool years.
2. List two gross motor skills characteristic of preschoolers.
3. Describe the psychosocial task of the preschooler s outlined by Erickson.
4. List the important guidelines useful in assessing a nursery school program.
5. Describe the stage of cognitive development for the preschool child as presented by Piaget.
6. List three appropriate snack foods for preschool children.
7. Describe the type of play characteristic of preschoolers.
8. List the safety concerns important to the preschool stage of development.
9. Name two common behavioral concerns affecting preschoolers.

**Course Outline:**

- A. Physical Characteristics
- B. Vital Signs
- C. Developmental Milestones
- D. Nutrition
- E. Sleep and Rest
- F. Play
- G. Safety
- H. Health Promotion

## **School Age Chapter 9**

1. List four physical characteristics common to school-age children.
2. Describe three developmental milestones common to school-age children.
3. Describe the psychosocial task identified by Erickson for the school-age period.
4. Describe the cognitive levels of functioning during the school-age period.
5. Describe moral development in school-age children.
6. List three factors that help contribute to the health of school-age children.

### **Course Outline:**

- A. Physical Characteristics
- B. Vital Signs
- C. Developmental Milestones
- D. Nutrition
- E. Sleep and Rest
- F. Play
- G. Safety
- H. Health Promotion

## **Puberty and Adolescence Chapter 10**

1. List four physical changes occurring in puberty.
2. List four physical characteristics of adolescent.
3. Describe three developmental milestones of the adolescent period.
4. Describe the primary psychosocial task of adolescence as identified by Erickson.
5. Describe the cognitive level of functioning during the teenage period of development.
6. State how teens develop moral reasoning.
7. List three factors that help to promote wellness in the teen.
8. Describe three special concerns that may adversely affect adolescent health.

### **Course Outline:**

- A. Physical Characteristics
- B. Vital Signs
- C. Developmental Milestones
- D. Nutrition
- E. Sleep and Rest
- F. Exercise and Leisure
- G. Safety
- H. Health Promotion

## **Early Adulthood Chapter 11**

1. List four goals for the early adult period of development.
2. Describe three physiological changes that occur during early adulthood.
3. Describe the psychosocial task as identified by Erickson for the early adulthood period.
4. Name three nutritional concerns for young adults.
5. Describe two health screening tests important for women in the early adult period of development.

### **Course Outline:**

- A. Physical Characteristics
- B. Vital Signs
- C. Developmental Milestones
- D. Nutrition
- E. Sleep and Rest
- F. Exercise and Leisure
- G. Safety
- H. Health Promotion

## **Middle Adulthood Chapter 12**

1. List three physiological changes that occur during middle age.
2. Describe the psychosocial task that Erickson identified for this stage.
3. List three goals unique to this stage of development.
4. Describe three areas of health concern for the middle –aged adult.

### **Course Outline:**

- A. Physical Characteristics
- B. Vital Signs
- C. Developmental Milestones
- D. Nutrition
- E. Sleep and Rest
- F. Exercise and Leisure
- G. Safety
- H. Health Promotio



### **I. Late Adulthood Chapter 13**

1. Describe three demographic changes affecting the older population.
2. Contrast the biological and psychosocial theories of aging.
3. List four normal, physical, age-related changes that occur during this stage of development.
4. Describe two developmental milestones associated with aging.
5. Describe Erickson's psychosocial task for this period of development.
6. List three dietary changes important for old age.
7. List two health –promoting activities important for old age.

#### **Course Outline:**

- A. Theories of Aging
- B. Physical Characteristics
- C. Homeostasis
- D. Vital Signs
- E. Developmental Milestones
- F. Nutrition
- G. Sleep and Rest
- H. Exercise and Leisure
- J. Safety
- K. Health Promotion

### **Death and Dying Chapter 14**

1. Define key terms.
2. Describe Kübler-Ross's stages of death and dying.
3. Describe different types of losses.
4. Describe the development of a concept of death.
5. Contrast cultural aspects of death.
6. Describe signs of approaching death.
7. Describe ethical concerns regarding end-of-life issues.

#### **Course Outline:**

- A. Death as a part of Life
- B. Theories of Loss and Grief
- C. Types of Losses
- D. Development of a Concept of Death
- E. Cultural and Religious Differences
- F. Signs of Approaching Death
- G. End of Life