# PSY120 | **Lifespan Development**

## Course Text

No need to track down a textbook; the readings are built right into this course. We adapted the lessons from the following source:

Clark, M. A., Douglas, M., & Choi, J. (2018, March 28). Lifespan Development. *OpenStax.* https://openstax.org/details/books/lifespan-development

## Course Description

This course provides a general survey of human development from conception through death, including key concepts, stages, and theories from developmental science. Developmental changes in major areas of human development including biological, physical, cognitive, emotional, and social are explored. Students will use critical thinking and creativity to evaluate existing developmental science research and to explore creating their own novel research questions.

## Learning Outcomes

After completing this course, students will be able to:

1. Define key issues, stages, and theories in developmental science from a lifespan perspective
2. Identify key biological, physical, cognitive, emotional, and social factors that influence human development across the lifespan
3. Explain major methods of data collection and research design in lifespan developmental psychology
4. Apply key concepts from developmental psychology to personal experiences
5. Compare and contrast major developmental theories about key tasks in stages of human development
6. Integrate reflective thought and scientific reasoning to develop novel and relevant research questions

## Course Prerequisites

There are no prerequisites for this course.

## Academic Integrity Statement

Academic integrity is the pursuit of scholarly activity in an honest, truthful and responsible manner. Violations of academic integrity include, but are not limited to, plagiarism, cheating, fabrication and academic misconduct. Failure to comply with the Academic Integrity Policy can result in a failure and/or zero on the

attempted assignment/examination, a removal from the course, disqualification to enroll in future courses, and/or revocation of an academic transcript.

## Course Completion Policy

In order for a course to be considered complete, **all required coursework must be attempted, submitted, and graded.** Required coursework consists of graded assignments. Any Academic Integrity Policy violations may prevent a course from being considered complete.

## Assessment Types

StraighterLine courses may include any combination of the assessment types described below. Review the descriptions to learn about each type, then review the Course Evaluation Criteria to understand how your learning will be measured in this course.

### Benchmarks

Benchmarks test your mastery of course concepts. You have 3 attempts, and your highest score counts. **Note:** Cumulative Benchmarks (final exams) only allow 1 attempt.

### Capstones

Capstones are project-based assessments that help you apply concepts to real-world scenarios. You have 2 attempts, and your highest score counts.

### Checkpoints

Checkpoints are quick knowledge checks on important course concepts. All are open-book, and most have 1-3 attempts.

## Course Evaluation Criteria

Your score provides a percentage score and letter grade for each course. A passing percentage is 70% or higher.

There are a total of 1000 points in the course:

| Assessment | Points | Learning Outcomes |
|---|---|---|
| Checkpoint 1: Lifespan Psychology and Developmental Theories | 5 | 1, 2, 3, 5 |
| Checkpoint 2: Genetic, Prenatal, and Perinatal Health | 5 | 1, 2, 3, 5 |
| Checkpoint 3: Physical and Cognitive Development in Infants and Toddlers (Birth-Age 3) | 5 | 1, 2, 3, 5 |
| Checkpoint 4: Social and Emotional Development in Infants and Toddlers (Birth-Age 3) | 5 | 1, 2, 3, 5 |
| Benchmark 1: Checkpoints 1-4 | 150 | 1, 2, 3, 5, 6 |

| Assessment | Points | Learning Outcomes |
|---|---|---|
| Checkpoint 5: Physical and Cognitive Development in Early Childhood (Ages 3-6) | 5 | 1, 2, 3, 5 |
| Checkpoint 6: Social and Emotional Development in Early Childhood (Ages 3-6) | 5 | 1, 2, 3, 5 |
| Checkpoint 7: Physical and Cognitive Development in Middle Childhood (Ages 7-12) | 5 | 1, 2, 3, 5 |
| Checkpoint 8: Social and Emotional Development in Middle Childhood (Ages 7-12) | 5 | 1, 2, 3, 5 |
| Benchmark 2: Checkpoints 6-8 | 150 | 1, 2, 3, 5, 6 |
| Checkpoint 9: Physical and Cognitive Development in Adolescence (Ages 12-18) | 5 | 1, 2, 3, 5 |
| Checkpoint 10: Social and Emotional Development in Adolescence (Ages 12-18) | 5 | 1, 2, 3, 5 |
| Capstone 1: Developmental Science and Me | 100 | 1, 2, 3, 4, 5 |
| Checkpoint 11: Physical and Cognitive Development in Early Adulthood (Ages 18-29) | 5 | 1, 2, 3, 5 |
| Checkpoint 12: Social and Emotional Development in Early Adulthood (Ages 18-29) | 5 | 1, 2, 3, 5 |
| Benchmark 3: Checkpoints 9-12 | 150 | 1, 2, 3, 5, 6 |
| Checkpoint 13: Physical and Cognitive Development in Middle Adulthood (Ages 30-59) | 5 | 1, 2, 3, 5 |
| Checkpoint 14: Social and Emotional Development in Middle Adulthood (Ages 30-59) | 5 | 1, 2, 3, 5 |
| Capstone 2: Designing a Research Study | 215 | 1, 2, 3, 5, 6 |
| Checkpoint 15: Physical and Cognitive Development in Late Adulthood (Ages 60-Beyond) | 5 | 1, 2, 3, 5 |
| Checkpoint 16: Social and Emotional Development in Late Adulthood (Ages 60-Beyond) | 5 | 1, 2, 3, 5 |
| Checkpoint 17: Death, Dying, and Grieving | 5 | 1, 2, 3, 5 |
| Benchmark 4: Checkpoints 13-17 | 150 | 1, 2, 3, 5, 6 |
| **Total** | **1000** | |

## Course Roadmap

This roadmap provides an overview of the checkpoints and lessons covered in this course.

## Checkpoint 1: Lifespan Psychology and Developmental Theories

- Psychology and Human Development
- Themes of Development
- Major Theories and Theorists
- Contexts and Settings of Development
- Lifespan Development as a Science: Research Methods

## Checkpoint 2: Genetic, Prenatal, and Perinatal Health

- Genetics and Environment
- Reproductive Systems and Conception
- Pregnancy and Prenatal Development
- Childbirth and Perinatal Health
- The Newborn in Context

## Checkpoint 3: Physical and Cognitive Development in Infants and Toddlers (Birth-Age 3)

- Physical Development in Infants and Toddlers
- Motor Development in Infants and Toddlers
- Sensory Development in Infants and Toddlers
- Cognition and Memory in Infants and Toddlers
- Language in Infants and Toddlers

## Checkpoint 4: Social and Emotional Development in Infants and Toddlers (Birth-Age 3)

- Autonomy and Sense of Self in Infant and Toddlers
- Temperament and Personality in Infants and Toddlers
- Emotional Development in Infants and Toddlers
- Social Development in Infants and Toddlers
- Social Contexts and Influences in Infants and Toddlers

## Checkpoint 5: Physical and Cognitive Development in Early Childhood (Ages 3-6)

- Physical Health and Growth in Early Childhood
- Motor Development and Physical Skills in Early Childhood
- Cognition in Early Childhood
- Language in Early Childhood
- Play in Early Childhood

## Checkpoint 6: Social and Emotional Development in Early Childhood (Ages 3-6)

- Social and Emotional Development in Early Childhood
- Identity in Context: Gender Development and Racial Identity in Early Childhood
- Families as Context in Early Childhood
- Social Contexts: Peers, Play, and Friendship in Early Childhood

## Checkpoint 7: Physical and Cognitive Development in Middle Childhood (Ages 7-12)

- Physical Development and Health in Middle Childhood
- Cognition in Middle Childhood
- Intelligence in Middle Childhood
- Contexts: School and Learning Diversity in Middle Childhood

- Language in Middle Childhood

## Checkpoint 8: Social and Emotional Development in Middle Childhood (Ages 7-12)

- Identity, Self-Concept, and Self-Esteem in Middle Childhood
- Emotional Development and Socioemotional Learning in Middle Childhood
- Social Contexts: Peers, Family, and Media in Middle Childhood
- Context: School and Extra Curricular Activities in Middle Childhood
- Atypical Development and Interventions in Middle Childhood

## Checkpoint 9: Physical and Cognitive Development in Adolescence (Ages 12-18)

- Physical Growth and Development in Adolescence
- Puberty, Sexual Behavior, and Sexual Health in Adolescence
- Cognition in Adolescence
- Decision-Making and Risky Behaviors in Adolescence

## Checkpoint 10: Social and Emotional Development in Adolescence (Ages 12-18)

- Theories of Adolescent Socioemotional Development
- Emotional and Self-Development in Adolescence
- Identity and Culture: Race/Ethnicity, Gender, and Sexuality in Adolescence
- Social Contexts in Adolescence
- Family and Community Contexts in Adolescence

## Checkpoint 11: Physical and Cognitive Development in Early Adulthood (Ages 18-29)

- Becoming an Adult
- Physical Health and Growth in Early Adulthood
- Sexuality in Early Adulthood
- Cognitive Development in Early Adulthood
- Contexts: Higher Education and Work Achievement in Early Adulthood

## Checkpoint 12: Social and Emotional Development in Early Adulthood (Ages 18-29)

- The Development of Self in Early Adulthood
- Identity Development in Context in Early Adulthood
- Relationships with Friends and Family in Early Adulthood
- Contexts: School and Work Settings in Early Adulthood
- Finding Love, Intimacy, and Romance in Early Adulthood

## Checkpoint 13: Physical and Cognitive Development in Middle Adulthood (Ages 30-59)

- Physical Development in Middle Adulthood
- Reproductive and Sexual Changes in Middle Adulthood
- Cognition in Middle Adulthood
- Maintaining Health and Well-Being in Middle Adulthood

## Checkpoint 14: Social and Emotional Development in Middle Adulthood (Ages 30-59)

- Development of Self, Personality, and Identity in Middle Adulthood
- Contexts: Love and Romance in Middle Adulthood
- Households and Parenting in Middle Adulthood

- Transitions in Caregiving Roles in Middle Adulthood
- A Successful Middle Adulthood

## Checkpoint 15: Physical and Cognitive Development in Late Adulthood (Ages 60-Beyond)

- Physical Aging in Late Adulthood
- Health Risks in Late Adulthood
- Cognition and Memory in Late Adulthood
- Brain Disorders in Late Adulthood
- Successful Physical and Cognitive Aging in Late Adulthood

## Checkpoint 16: Social and Emotional Development in Late Adulthood (Ages 60-Beyond)

- The Meaning of Aging in Late Adulthood
- Contexts: Family, Friendships, Romantic Relationships, and Social Communities in Late Adulthood
- Retirement in Late Adulthood
- Living Environments and Aging in Late Adulthood
- Successful Social and Emotional Aging in Late Adulthood

## Checkpoint 17: Death, Dying, and Grieving

- Biological, Psychological, and Social Aspects of Death and Dying
- End-of-Life Care
- Coping with Death
- Life Review, Successful Life, and a Good Death

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Pharmacology

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