

Department of Practical Nurse and Health Care Aide

COURSE OUTLINE – Winter 2025

NP1400 (3): Nursing Across the Lifespan – 3 (3-0-0) 45 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR:

Paige Cleave

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OFFICE HOURS:

By appointment

CALENDAR DESCRIPTION:

Introduction to the principles of growth and development and factors that influence growth and development. Focus is on nursing implications associated with the application of growth and development principles to client care.

Note: Available only to Practical Nursing students.

PREREQUISITE(S): NP1205, NP1250, NP1280, NP1500

COREQUISITE(S): NP1410, NP1450, NP1480, NP1600, NP1700

REQUIRED MATERIALS:

American Psychological Association. (2020). *Publication manual of the American Psychological Association: The official guide to APA style* (7th ed.).

Elsevier Adaptive Quizzing (EAQ) 4th edition Next Gen, is available for purchase through the NWP Polytechnic bookstore. This is a required online resource. The EAQ will assist students with preparing to write the CPNRE registration exam. This resource will provide students with a 24-month online review/prep course to use as they progress through the PN program.

Perry, S. E., Hockenberry, M. J., Lowdermilk, D. L., Wilson, D., Keenan-Lindsay, L., & Sams, C. A. (2022). *Maternal child nursing care in Canada* (3rd ed.). Elsevier.

Potter, P. A., Perry, A. G., Ross-Kerr, J. C., Wood, M.J., Astle, B. J., & Duggleby, W. (2021). *Canadian fundamentals of nursing* (7th ed.). Toronto, ON: Elsevier Canada.

DELIVERY MODE(S): In-person Lecture and seminar

LEARNING OUTCOMES:

Upon successful completion of NP1400, learners will be able to:

1. Identify principles of growth and development.
2. Discuss factors influencing growth and development.
3. Describe various nursing implications associated with growth and development processes.
4. Apply concepts of anatomy and physiology to growth and development across the lifespan.
5. Compare various developmental theories.

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

**** For courses with alpha (letter) grading, a grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

EVALUATIONS:

Assignment	Weight	Date	Related Course Learning Outcomes
Developmental Theories Group Presentation	25%	Week 4	1, 2, 3, 5
Critical Judgement Exam	20%	Week 11	1, 2, 3, 4, 5
Exit to Class	25%	Weekly (x10)	1, 2, 3, 4, 5
Final Exam	30%	Week 15	1, 2, 3, 4, 5

Developmental Theories Group Presentation

The goal of this assignment is for the student to demonstrate understanding of key developmental theories (eg: Piaget, Freud, Erikson) and their corresponding stages across the lifespan. Students will work in groups of 2-3 to create a poster or PowerPoint of the developmental theory that you will be assigned.

Information that must be included:

- A clear and concise overview of the theory.
- Stages of Development: Include a detailed explanation of each stage, highlighting the age range, key characteristics, and milestones.
- Application to Nursing: Explain how the theory informs nursing practice or patient care at different stages of the lifespan. Include real-life examples or clinical scenarios to demonstrate practical applications.
- Visual Aids: Use charts, graphs, images, or other visual elements to enhance comprehension.
- References: Include citations in APA 7th edition for all sources used. You need a minimum of two references (one may be your textbook and the other must be a peer reviewed, up to date journal article)

Each group will present their poster or PowerPoint to the class in a 10–15 minute presentation. The presentation should be clear and well-organized, with all group members contributing. Rubric will be posted on D2L.

Clinical Judgment Exam

You will be presented with a case study focusing on a stage of growth and development during your in-class clinical judgment exam. The open book exam gives you the opportunity to demonstrate your understanding of the assigned stage, including expected physical, cognitive, and psychosocial changes, common health risks and concerns, as well as nursing considerations when caring for individuals and/or their families during this stage.

Exit to Class (2.5% per ticket for a total of 10 tickets; 25% total course grade)

At the end of most lectures, students will receive questions to be completed and submitted before leaving. These questions aim to foster engagement by encouraging active participation in discussions, demonstrating understanding of the subject matter, and allowing students to self-evaluate their comprehension of the week's content. Students must be in attendance to receive the questions and grade.

Final Exam

The final exam includes all content covered in Weeks 1-15. Question format includes a variety of styles including, but not limited to, multiple choice, short answer, long answer, matching, and select all that apply.

Scheduling of the final exam is set by the Registrar's Office.

GRADING CRITERIA: Please note that most institutions will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Topic	Chapters
1	Pediatric Nursing in Canada Family, Social & Cultural Influences on Children's Health	Mat Child: Ch 30 Mat Child: Ch 31
2	Developmental Influences on Child Health Promotion	Mat Child: Ch 32
3	Conception to Newborn Maternal Nutrition Newborn to Infant	Potter & Perry: Ch 23 Mat Child: Ch 12 Potter & Perry: Ch 23
4	Group Presentations	
5	The Infant and Family Promoting Optimum Health During Childhood	Mat-Child: Ch 36 Mat Child: Ch 35
6	The Toddler and Family Promoting Optimum Health During Childhood	Mat Child: Ch 37 Mat Child: Ch 35
7	READING BREAK – No Classes	
8	The Preschooler and Family Promoting Optimum Health During Childhood	Mat Child: Ch 38 Mat Child: Ch 35
9	The School-Age Child and Family Impact of Intellectual Disability or Sensory Impairment on the Child and Family Promoting Optimum Health During Childhood	Mat Child: Ch 39 Mat Child: Ch 42 Mat Child: Ch 35
10	The Adolescent and Family Caring for the Mental, Emotional, and Behavioral Health Needs of Children and Adolescents Promoting Optimum Health During Childhood	Mat Child: Ch 40 Mat Child: Ch 55 Mat Child: Ch 35
11	CJE	
12	Young Adult Middle Adulthood	Potter & Perry: Ch 34
13	Middle Adulthood	Potter & Perry: Ch 24

	Older Adult	Potter & Perry: Ch 25
14	Review	
15	Final Exam Week	

***Subject to change**

STUDENT RESPONSIBILITIES:

As a student at NWP, you have rights and responsibilities. It is your responsibility to be familiar with the information contained in this Course Outline and the PN student handbook and to clarify any areas of concern with the instructor. It is also your responsibility to be familiar with NWP Policies. Please take the time to familiarize yourself with the policies that might impact you while you are here:

- NWP Department of Practical Nurse & Health Care Aide, [PN Student Handbook](#)
- NWP Policies: <https://www.nwpolytech.ca/about/administration/policies/>

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at

<https://www.nwpolytech.ca/about/administration/policies/index.html>

****Note:** all Academic and Administrative policies are available on the same page.

ADDITIONAL INFORMATION:

TURN IT IN DISCLOSURE

As part of NWP's commitment to academic integrity, all written assignments submitted by students will be reviewed using Turnitin software, an online plagiarism detection tool, to verify originality and ensure academic integrity. Turnitin compares student work to a vast database of academic sources, publications, and previously submitted assignments to identify potential instances of plagiarism or improper citation(s). By enrolling in this course, students acknowledge and consent to the use of Turnitin for assignment submissions.

LATE ASSIGNMENT POLICY:

To obtain credit in the course ALL assignments, examinations, and quizzes must be completed. Students are expected to make every effort to complete assignments on time. Assignment submissions are expected on the date determined by faculty. If extensions are necessary, they may be requested up to 48 hours prior to the assignment due date and should be submitted in writing to the faculty member involved. Not all extensions will be granted. In exceptional situations, extension requests within the 48-hour period may be considered. Late assignments will have 5% of total marks (or one letter grade) for the assignment deducted for each day/partial day (including weekend days) beyond the due time.

For example, a paper marked at B+ would receive an adjusted grade of B if handed in one day late. After 5 days, a grade of 0 will be awarded to the assignment. If the late penalty places the grade below the necessary pass grade, students will be unsuccessful in the course. When submitting assignments electronically, it is the student's responsibility to ensure the assignment has been received. Papers/assignments may not be rewritten for a higher grade. Concerns regarding grading are to be discussed with the faculty member involved.