

Department of Practical Nurse & Health Care Aide

COURSE OUTLINE – Spring 2026

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:	Dayna Walker MN, RN	PHONE:	780-539-2826
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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.

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

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

REQUIRED MATERIALS:

Potter, P., Perry, A. G., Hall, A., Astle, B., & Duggleby, W. D. (2024). Canadian fundamentals of nursing (7th ed.). Elsevier.

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

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.

DELIVERY MODE(S): In-person lecture.

LEARNING OUTCOMES:

1. Define key principles of growth and development, including patterns of physical, cognitive, emotional, and social progression.
2. Analyze biological, psychological, environmental, and social factors that influence growth and development across the lifespan.
3. Explain nursing considerations and interventions related to different stages of growth and development.
4. Apply anatomy and physiology concepts to explain changes during each stage of growth and development.
5. Compare and contrast major developmental theories in relation to nursing care.

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:

To obtain credit in the course ALL assignments, examinations, and quizzes must be completed.

Evaluation	Weight	Date	Related Learning Outcomes
Midterm Exam	25%	Week 8	1-5
Patient Teaching Pamphlet	20%	Week 9	1-5
Clinical Judgement Exam	20%	Week 13	1-5
Final Exam	35%	Exam Week	1-5

1. **Midterm Exam:** Will cover course content up to and including Week 7. Question format includes a variety of styles including, but not limited to multiple choice, short/long answer, matching, SATA.

2. **Patient Teaching Pamphlet:** This assignment encourages creativity and collaboration to understand developmental milestones. Each group will design a 1- page, double-sided pamphlet focused on a specific developmental stage. Marking rubric will be posted on D2L.
3. **Clinical Judgement Exam (CJE):** Students will be presented with a patient scenario and must interpret information, prioritize problems, make clinical decisions, and determine appropriate nursing actions.
4. **Final Exam:** Includes all content covered throughout the course. Question format includes a variety of styles including, but not limited to multiple choice, short/long answer, matching, SATA. 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-.

Grading Chart for courses with Alpha Grading:

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

Grades for this course will be assigned as a percentage. The minimum passing grade is 60%.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Week	Topic	Chapters
1	Health Promotion Promoting Optimum Health During Childhood	Mat Child: 5, 35
2	Family, Social, and Cultural Influences on Children's Health Developmental influences on Child Health Promotion	Mat Child: 31, 32
3	Developmental Theories	Potter & Perry: 22
4	Conception to Newborn The Infant & Family	Mat Child: 36 Potter & Perry: 23
5	The Toddler & Family	Mat Child: 37 Potter & Perry: 23
6	The Preschooler & Family	Mat Child: 38 Potter & Perry: 23
7	In class group work/Review	
8	Midterm Exam	
9	Spring Break Pamphlet Assignment Due	
10	The School Aged Child & Family	Mat Child: 39 Potter & Perry: 23
11	The Adolescent & Family	Mat Child: 40 Potter & Perry: 34
12	Adulthood	Potter & Perry: 24, 25
13	CJE In-class	
14	Review/Pamphlet Presentations	
15	Final Exam-TBD	

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 ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available <https://www.nwpolytech.ca/about/polytechnic-leadership/policies-directory>.

****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:

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