

Department of Practical Nurse and Health Care Aide

COURSE OUTLINE – Winter 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:
Madison Lovsin

PHONE: 780-835-6635

OFFICE: TIB137

E-MAIL:
Mlovsin@nwpolytech.ca

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 Copyright © 2023, Northwestern Polytechnic and its licensors. Page 2 of 13 American Psychological Association: The official guide to APA style (7th ed.).

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.

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:

Upon successful completion of NP1410 learners will be able to:

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.**

The final grade is based on the following assessments, and there are no additional assignments or marks provided in the course. All evaluation components must be completed to pass the course.

Assignment	Weight	Date	Related Course Learning Outcomes
Quiz #1 (Week 1-4)	15%	February 9 th during Lecture	1,2,3,4,5
Quiz #2 (Week 5, 6, 8)	15%	March 9 th during Lecture	1,2,3,4,5
Patient Teaching Pamphlet	20%	Due March 16 th @ 1159hrs	1,2,3,4,5
Clinical Judgement Exam (CJE)	20%	March 30 th during Lecture	1,2,3,4,5
Final Exam	30%	During Exam Week- As scheduled by Registrar's Office	1,2,3,4,5

1. Clinical Judgment Exams:

You will be presented with a case study focusing on a stage of growth and development during in-class clinical judgment exams. Each 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. This is an open book exam. The use of the required textbooks, study notes may be used but should not be dependent on. Therefore, Students should complete all required readings to be as successful as they can. Marking Rubric will be posted on D2L

2. Quiz

Quizzes will be given at the beginning of lecture. Those students who are late to class on these days will be given a grade of 0. Quizzes will include all content covered up to the date of the quiz. Question format includes a variety of styles including, but not limited to, multiple choice, short answer, long answer, matching, and select all that apply. Students who are not in class during this time, will not have a chance for a rewrite and will be given an automatic grade of 0.

3. Patient Teaching Pamphlet:

Understanding Developmental Milestones This assignment encourages collaboration and creativity. Each group will design a 1- page, double-sided pamphlet focused on a specific developmental stage. The pamphlet will aim to promote health or safety for the assigned milestone or developmental stage, designed to be easily understood by patients and/or caregivers. Students will identify cognitive, physical, and emotional milestones, offering practical tips for enhancing patient well-being or safety. Marking rubric will be posted on D2L.

4. 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.

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

COURSE SCHEDULE/TENTATIVE TIMELINE: * Subject to Change

Week	Topic	Chapters
1	Family, Social & Cultural Influences on Children's Health	Mat Child: Ch 31
2	Developmental Influences on Child Health Promotion	Mat Child: Ch 32

3	The Infant and Family Promoting Optimum Health During Childhood	Mat-Child: Ch 36 Mat Child: Ch 35
4	The Toddler and Family Promoting Optimum Health During Childhood	Mat Child: Ch 37 Mat Child: Ch 35
5	QUIZ #1 Health Promotion	Mat Child: Ch 5
6	Winter Break	
7	The Preschooler and Family Promoting Optimum Health During Childhood	Mat Child: Ch 38 Mat Child: Ch 35
8	The school-Age Child and Family Promoting Optimum Health During Childhood	Mat Child: Ch 39 Mat Child: Ch 35
9	QUIZ #2	
10	Patient Teaching Pamphlet (Presentations)	
11	The Adolescent and Family	Mat Child: Ch 40
12	CJE	
13	Needs of Children and Adolescents Promoting Optimum Health During Childhood	Mat Child: Ch 35
14-15	Review	
	Final Exam – To be determined	

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: Practical Nurse Handbook](#)

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

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

Additional Information:

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