

JCF

**GRANDE PRAIRIE REGIONAL COLLEGE  
COLLABORATIVE COURSE OUTLINE: NURSING 1030**

**Nurs 1030 - Growth and Development**

\*3 (either term, 3-0-0). Focuses on theories of human growth and development and assessment of individuals and families throughout the life span.

**Instructor: Rose-Aline Begalke, R.N., B.Sc.N. M.N. Candidate**    **Office H218**  
**Phone 539-2758**

**MINIMUM COURSE HOURS:**

**Classroom: 39**

**Clinical: 0**

**Laboratory: 0**

**COURSE DESCRIPTION:**

Introduction to growth and development and its relevance for nursing. Focus is on theories of human growth and development and application of these theories to the assessment (understanding) of physical, cognitive, psychosocial and spiritual development from conception to death. Cultural and individual variations will be explored.

**COURSE OBJECTIVES:**

1. Identify the principles of psychosocial, physical, cognitive and spiritual growth and development and their relevance to nursing.
2. Identify growth and development assessment tools and explain their application to nursing
3. Discuss the impact of past influences and development on the individual's subsequent development throughout the life span.
4. Describe various theoretical perspectives of the process and nature of human development across the life span.
5. Predict how biological, environmental and lifestyle stressors affect growth and development.
6. Demonstrate an awareness of cultural and individual variations throughout the life span.

**COURSE EVALUATION CRITERIA**

	<b>Mark</b>
■ A Journal detailing observations of different ages and stages	10%
■ A film critique detailing observations of the older adult	10%
■ Midterm Multiple choice exam	20%
■ Group Presentation based on a family scenario	30%
■ Final exam	30%

Course outline developed by Dorothy Eiserman, PhD & Dawn Zimmer, B.Sc.N.

## STUDENT PROGRESSION CRITERIA

### Grading System (9 point grading system)

9	90-100%	Excellent. First class standing.
8	80-89%	Excellent. First class standing.
7	72-79%	Good. Second class standing.
6	65-71%	Pass, Good. Second class standing.
5	57-64%	Pass (Failure for Nursing).
4	50-56%	Pass (Failure for Nursing).
3	45-49%	Failure.
2	26-44%	Failure.
1	0-25%	Failure.

### REQUIRED TEXTBOOK:

Craig, G. J. (1992). Human development (6th ed.). Englewood Cliffs: NJ: Prentice-Hall.

### LEARNING EXPERIENCES AND RESOURCES:

- Field observations
- Introduction to selected assessment tools

### REFERENCES:

Backer, B.A. , Hannon, N. R. & Russel, N. A. (1994). Death and dying: Understanding and care. (2nd ed.). New York: Delmar Publishers Inc.

\*\*\*Murray, R. B. & Zentner, J. P. (1993). Nursing assessment & health promotion strategies through the life span. (5th ed.). California: Appleton & Lange.

\*\*\*Novak, M. (1995). Aging & society: A Canadian reader. Ontario: Nelson Canada.

\*\*\*Rice F. P. (1995). Human development : A life-span approach. (2nd ed.). New Jersey PrenticeHall Inc.

\*\*\*Santrock, J. W. (1994). Child development. (6th ed.). Dubuque: W.M.C. Brown & Benchmark..

### ARTICLES:

\*\*\*Holly, M. L. (1989) Writing to grow: Keeping a personal-professional journal. Portsmouth, NH: Heinemann.

\*\*\*Pontious, Sharon. (1982). Practical Piaget: Helping children understand. American Journal of Nursing, January, 114-117.

\*\*\* COPY OF EACH TEXT AND ARTICLE ON RESERVE IN THE LRC\*\*\*

### Nursing 1030 Schedule

Date	Topic	Assignment/exam
Jan. 6	Course Introduction: Principles of Growth and Development Research Methods	
Jan. 10 & 13	Theories of Human Development Introduction to Journals	
Jan. 17 Jan. 20	Theories of Human Development	Blood Pressure Clinic
Jan. 24 & 27	Infant/Toddler	
Jan. 31 & Feb. 3	Preschool/School-Age	
Feb. 7 & 10	Adolescent/Adult	
Feb. 14 & 17	Middle-Age/Older Adult Review	
Feb. 21	EXAM Family, Lifestyle, Temperament, and Attachment	Midterm exam
Feb. 24 & 28	WINTER BREAK	
Mar. 3 Mar. 7	Introduction to Group Presentation Culture/heredity	Journal or Film Critique due March 3
Mar. 10 & 14	Death and Dying	Journal or Film Critique due March 10
Mar. 17 & 21	Gender Roles and Sexuality	
Mar. 24 Mar. 28	Family Presentation # 1 Family Presentation # 2, and # 3	Family Presentations
March 31	Family Presentation # 4	Family Presentations
April 4	GOOD FRIDAY-no class	
April 7	Last Class Course Evaluation Significance of Growth and Development for Nurses	Take Home Exam
Week of April 14		Final Multiple Choice Exam

## Journal Assignment

### Purpose:

- to share reflections and insights
- to explore, learn, and problem solve
- to encourage creativity and free expression
- to promote writing skills

### Worth:

### Due:

10%-first half  
10%-second half  
20% Total

March 3 or 10, 1997  
April 7, 1997

### Format:

one page typed weekly  
right margin 1"  
left margin 2" (for instructor comments)

### Journal Entries:

Keep a Reflective Journal making entries at least on a weekly basis. Use the discussion in Holly (1989) as a guide. Using class content, readings, observation about the different ages and stages, and your experience, reflect on the significance of your findings.

1st five weeks: focus on readings, class content, observation, and theory of the physical, emotional...development of the ages and stages throughout the lifespan.

2nd five weeks: focus on readings, class content, observation, and significance of growth and development on nursing practice.

### Marking Criteria:

	MARKS
1. Number of entries	1
2. Creativity/writing skills	2
3. Evidence of reflection and critical analysis	7
-identify and summarize main points	
-compare and contrast theory and practice	
-integration of theory throughout assignment	
total	10