

# PSY 205 – Life Span Development

## Course Description

Life Span Development is an integrated study of the theoretical principles and individual milestones related to physical, cognitive, and psychosocial development from conception to death. Focus is placed upon the developing person and how he or she changes throughout life. The course will expose students to a combination of theory and research concerning human development.

## Instructional Materials

Belsky, J. (2013). *Experiencing the lifespan* (3rd ed.). New York, NY: Worth Publishers.

## Course Learning Outcomes

1. Assess the biological, cognitive, cultural, environmental, and social factors that influence development throughout the life span.
2. Assess theories of development and applications thereof.
3. Classify the developmental periods according to physical, cognitive, and psychosocial milestones.
4. Evaluate current and past research and methodology in the study of lifespan development.
5. Analyze the interaction between the environment and the individual as it affects stages of development such as infancy, adolescence, adulthood, and later life.
6. Analyze contemporary concerns associated with lifespan development.
7. Evaluate basic theories to increase self-knowledge and to facilitate optimal development in self and others.
8. Use technology and information resources to research issues in lifespan development.
9. Write clearly and concisely about lifespan development using proper writing mechanics.