

**II SEMESTER**  
**Course 04: HUMAN DEVELOPMENT**  
Credits -3

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**Outcomes of the course**

The students will be able to:

**A) Remember and explain in a systematic way**

- Scientific knowledge about child-development, and Developmental tasks at various stages of child development.

**B) Understand and Use**

- Understand the stages of pregnancy and birth process.
- Use basic principles for assessment of various developments during childhood.

**C) Critically explains, judges**

- Problems of adolescence during each sub stage and coping up strategies.

**D) Working in out of prescribed areas under co-curricular activity**

- Observation of neonatal characteristics by visiting a maternity hospital.
- Visiting counselling centres and understanding coping up strategies of problems
- Familiarise with problems of elderly through case studies and institutional visits.

**E) Practical skills**

- Assessment of different developments like physical, social and cognitive development of children belonging to different age groups.
- Case study method to find out the Physical and Psychological problems of elderly

**Unit I Introduction to Growth and Development**

- Understanding the terms Child, Growth, Development, Child Development, Human Development, and Developmental tasks.
- Principles of Child Development and Factors influencing growth and Development of Children.
- Determinants of Development - Heredity Vs. Environment - Maturation Vs. Learning
- Stages of Development across life span

**Unit II Pre-natal and Early Years of Development**

- Stages of Pre-natal development - Physical and Psychological care during pregnancy- - Complications during pregnancy.
- Stages of birth and Types of Birth
- Infancy – Characteristics -Physical proportions, Physiological functions, Motor activities.
- Babyhood – Developmental Tasks and Characteristics, Physical-motor development, Cognitive development - Piaget’s Sensory motor stage, Language, Socio-emotional development.

### **Unit III Development during Early and Late Childhood**

- Early Childhood Period –Characteristics -Physical, Emotional, Social and Cognitive development-Piaget’s Pre-operational stage -Social stages in play.
- Late Childhood Period – Characteristics, Physical, Emotional, Social and Cognitive development-Piaget’s Concrete-operational stage.

### **Unit IV Development during Adolescence**

- Adolescence – Definitions by WHO, UNICEF, NCERT- Characteristics of Adolescence
- Physical and physiological Changes during puberty for Boys and girls
- Developments during adolescence – Cognitive-Piaget’s Formal-operational stage, Emotional and Social development

### **Unit V Development during Adult Hood**

- Young Adulthood - Definition, Development tasks, significance of the period, Adjustments during young adulthood period
- Middle adulthood – Definition, physical, physiological and Psychological changes during middle age, preparation for retirement.
- Late adulthood –Sub groups and definitions, Characteristics of old age – Physical and physiological changes during old age, cognitive and memory changes.  
Problems of old age and coping up strategies

### **Practical**

Credits -1

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1. Observation of characteristics of an infant
2. Observation of different Developments of pre-school children –  
-Physical development  
-Language development  
-Concept development.
3. Assessment of social Development among elementary school children
4. Study of adolescent adjustment problems
5. Case study of man and woman during Middle adulthood
6. Case study of elderly man and woman.

### **REFERENCES**

1. Berk, L. E. (2007). Child Development. Prentice-Hall of India Pvt.Ltd, New Delhi.
2. Feldman, R.S. (2011).Understanding Psychology, Tenth Edition, Tata MC Graw Hill Education Private Limited, McGraw- Hill, New Delhi.
3. Hurlock – E.B. (1990) Child Development, Tata McGraw Hill Company Ltd, New York. McGraw- Hill, New Delhi.
4. Santrock, J. W. (2013). Child Development. Tata McGraw Hill Company Ltd, New Delhi.
5. Singh, A.(2015). Foundations of Human Development: A life span approach, 1st edition Orient Black Swan Pvt. Ltd., New Delhi.

#### **CO-CURRICULAR ACTIVITIES**

1. Observation of neonatal characteristics by visiting a maternity hospital.
2. Observation of a pre-school child
3. Visit to Old age home
4. Celebration of Important Days (National and International): -
  - International day of elderly-October 1st
  - Children’s Day ( Nov 14th )