

Course Information Form (CIF)

Course Code: PSY 209 (IAI S6 902)

Course Title: Human Growth and Development

Department: Arts, Media, and Social Sciences

Effective Date: Summer 2026

PCS Code: 1.1 - Baccalaureate/Transfer

CIP Code: 42.2703

Repeatability: 0

Credit Hours

Catalog Notation: 3-0-3

Credit Hour Distribution:

Lecture: 3

Lab: 0

Clinical: 0

Total: 3

General Course Information

Catalog Description

Interaction of biological and environmental factors affecting psychological development from conception to death. Study and application of the principles of development throughout the life cycle. Study and application of physical, social, moral, cognitive, and language theory included.

General Course Objectives

The student will understand the underlying foundational processes of human development throughout the entire life cycle and appreciate the connection between their own personal life and career goals. The learning outcomes listed below are the minimal outcomes required for every section of this course. Any additional learning outcomes are determined by the instructor.

Minimum Placement Levels

English	Reading	Math
Placement out of ENG 099	None	None

Prerequisites

None

Methods of Evaluation

3-4 exams (objective, comprehension, and application-level multiple choice and/or short answer), 4-6 application activities and/or writing assignments.

Instructional Materials and Additional Supplies

Invitation to the Lifespan, by Berger. Students may choose an online or print copy of the current edition of the textbook.

Course Content

General Learning Outcomes (GLOs)

- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.
- Global Awareness and Cultural Reasoning: Students will demonstrate their understanding of global issues, gender and sexual orientation, and multicultural perspectives.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Theoretical Overview	1. Interpret developmental theories and how they explain human behavior.	4	0	0
Research Methodology	1. Examine methods of developmental research and identify them in the literature.	2	0	0
Physical Development	1. Describe the major physical changes from prenatal development through death.	12	0	0
Cognitive Development	1. Examine cognitive theory and development across the lifespan.	12	0	0
Social Development	1. Explain social development across the lifespan using social development principles.	12	0	0
Theoretical Synthesis - The Whole Person	1. Use multiple theories to explain development at any point of the life cycle.	3	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0