Course Information Form (CIF)

Course Code: PSY 223 (IAI S6 905)

Course Title: Introduction to Adult Development and Aging

Department: Arts, Media, and Social Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 42.2707
Repeatability: 0

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 3-0-3
Credit Hour Distribution:

Lecture: 3	Lab: 0	Clinical: 0	**Total: 3**

General Course Information

Catalog Description

Examination of psychological and biological aspects of adult development and the aging process including relevant research in personality, learning, motivation, intelligence, achievement, creativity, and mental health across adulthood. Occupational patterns, social issues, and relationships within and between generations.

General Course Objectives

Examination of the psychosocial aspects of adult development and aging: relevant research in learning, motivation, intelligence, achievement, creativity, and other aspects of normal adult development to include social as well as inter- and intragenerational issues related to aging. 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

Adult Development and Aging, by Cavanaugh and Blanchard-Fields. 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
Perspectives on Adult Development and Aging	1. Explain the life-span perspective. 2. Identify demographics of an aging population. 3. Examine the research methodology of current studies and media reports regarding adult development and aging.	6	0	0
Physical Changes Across Adulthood	1. Predict physical changes associated with the aging process in order to better understand own aging, as well as the aging process of others.	3	0	0
Health Issues of Aging and Longevity	1. Define longevity and describe factors affecting it such as gender, environment, ethnicity, and genetics.	3	0	0
Mental Health and the Adult Life Course	1. Describe the impact of common emotional, functional, and organic problems experienced by aging adults. 2. Discuss clinical and social supportive responses to these problems.	9	0	0
Adaptation to the Environment	1. Generate and critique a life-span model for maintaining and enhancing competence which explores the interaction between the adult and the environment.	4	0	0
Information Processing, Social Cognition, and Personality	1. Describe changes in cognition, intelligence, learning, memory, sensation, perception, and personality as adults age. 2. Express the impact of these changes on aging adults.	9	0	0
Relationship Issues and the Aging Adult	1. Describe the major issues in the family life cycle and intergenerational as well as intragenerational relationships.	4	0	0
Work, Leisure, and Retirement	1. Explain the role of occupational choice, transitions, and retirement and leisure activities on adulthood and aging.	3	0	0
Dying and Bereavement	1. Describe and integrate the sociocultural, legal, medical, and ethical issues of death and dying. 2. Examine end-of-life issues facing aging adults.	4	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0