



Course Name: Lifespan Development

Program in which it is offered: B.Sc. (H) in Applied Psychology

Course Category: Core

Schedule of Offering: Semester 1

Course Credit Structure: 6

Course Code: PS 113

Total Number of Hours: 6

Contact hours per week: 4

Lecture: 4 Tutorial: 0 Practical: 2

Last Revision Year: NA

Instructor: Dr. Sreeja Gangadharan

Introduction

This course examines how and why people of all ages and circumstances change or remain the same over the course of their life. Starting with conception, this course captures the process and product of growth and development till the end of life. It focuses on explaining how thinking, feeling, and behaviours change throughout the life-span. Further, this course adapts a life-span perspective on development to capture the entire process of development in one's life.

Objectives

To make the students:

5. Understand what development means and appreciate the merits of lifespan perspective over traditional conceptualization of developmental psychology.
6. Understand different theories of development and evaluate their contributions in the study of human development.
7. Understand the process with which life begins and evaluate the role of nature and nurture in development.
8. Understand the process and products of physical, cognitive, and psychosocial development during infancy, childhood, adolescence, and adulthood.
9. Conceptualize the process of life ending and examine the psychological processes surrounding one's own as well as others' death.

Course Outcomes

On completion of this course, students would be able to:

1. Describe what development is and analyse the merits of lifespan perspective over traditional conceptualization of development.
2. Explain different theories of development and compare and contrast these theories in terms of the way they captured development and also evaluate each theory's contribution in the study of development.
3. Describe how life begins and analyse the role of nature and nurture in development in accordance with the current position adopted in lifespan developmental studies.
4. Describe the process and products of physical, cognitive, and psychosocial development during different developmental periods, starting from infancy to late adulthood.
5. Depict physical, cognitive, and psychosocial development within and across developmental stages as sequential process.
6. Explain the process of death from various perspectives and evaluate the psychosocial issues surrounding one's own as well as others' death.

PO-CO Mapping

CO/PO Mapping	PO1	PO2	PO3	PO4	PO5	PO6
CO1	X	X				
CO2	X	X				
CO3	X	X				
CO4	X					
CO5	X	X				
CO6	X	X				

Modules

Module 1: The Life-Span Perspective (Lecture: 8 hrs.: Practical: 4 hrs.)

- The life-span perspective: The importance of studying life-span development, characteristics of the life-span perspective
- The nature of development: biological, cognitive, and psychosocial processes, periods of development, age and its significance, developmental issues
- Theories of development: psychoanalytic theories, cognitive theories, behavioural and social cognitive theories

Reading

1. Feldman, R.S., & Babu, N. (2018). *Development across the life span* (8th Ed). New Delhi: Pearson.
2. Hurlock, E. B. (1980). *Developmental psychology: a life-span approach* (5th Ed.). Chennai: McGraw Hill Education India.
3. Papalia, D.E., Olds S.W., & Feldman, R.D. (2004). *Human development*. New Delhi: Tata McGraw Hill.
4. Santrock, J. W. (2011). *Life-span development* (13th Ed.). Chennai: McGraw Hill Education India.

Activities

1. Interactive lectures.
2. Individual learning: guided reading, and essay writing.
3. Collaborative learning: group discussion, and group compilation.

Module 2: Beginnings (Lecture 6 hrs.; Practical: 4 hrs.)

- Forming a new life: fertilization and multiple births
- Mechanisms of heredity: the genetic code, sex determination, patterns of genetic transmission, genetic and chromosomal abnormalities
- Nature nurture debate on development: what is this debate all about?, studying heredity and environment

Reading

1. Berk, L.E. (2017). *Child development* (9th Ed.). Noida: Pearson India Education Services.
2. Feldman, R.S., & Babu, N. (2018). *Development across the life span* (8th Ed). New Delhi: Pearson.
3. Hurlock, E. B. (1980). *Developmental psychology: a life-span approach* (5th Ed.). Chennai: McGraw Hill Education India.
4. Papalia, D.E., Olds S.W., & Feldman, R.D. (2004). *Human development*. New Delhi: Tata McGraw Hill.
5. Santrock, J. W. (2011). *Life-span development* (13th Ed.). Chennai: McGraw Hill Education India.

Activities

1. Interactive lectures.
2. Individual assignment: guided reading, reflections, and essay writing.
3. Collaborative learning: group discussion, video reviews, and group compilation.

Module 3: Infancy (Lecture: 8hrs.; Practical: 4 hrs.)

- Physical development in infancy
- Cognitive development in infancy
- Psychosocial development in infancy

Reading

1. Berk, L.E. (2017). *Child development (9th Ed.)*. Noida: Pearson India Education Services.
2. Feldman, R.S., & Babu, N. (2018). *Development across the life span (8th Ed)*. New Delhi: Pearson.
3. Hurlock, E. B. (1980). *Developmental psychology: a life-span approach (5th Ed.)*. Chennai: McGraw Hill Education India.
4. Papalia, D.E., Olds S.W., & Feldman, R.D. (2004). *Human development*. New Delhi: Tata McGraw Hill.
5. Santrock, J. W. (2011). *Life-span development (13th Ed.)*. Chennai: McGraw Hill Education India.

Activities

1. Interactive lectures.
2. Individual assignment: guided reading, case study, reflections, and essay writing.
3. Collaborative learning: group discussion, case study, video reviews, and group compilation.

Module 4: Childhood (Lecture: 10 hrs.; Practical: 4 hrs.)

- Early childhood: physical development, cognitive development, psychosocial development
- Middle and late childhood: physical development, cognitive development, psychosocial development

Reading

1. Berk, L.E. (2017). *Child development (9th Ed.)*. Noida: Pearson India Education Services.
2. Feldman, R.S., & Babu, N. (2018). *Development across the life span (8th Ed)*. New Delhi: Pearson.
3. Hurlock, E. B. (1980). *Developmental psychology: a life-span approach (5th Ed.)*. Chennai: McGraw Hill Education India.
4. Papalia, D.E., Olds S.W., & Feldman, R.D. (2004). *Human development*. New Delhi: Tata McGraw Hill.
5. Santrock, J. W. (2011). *Life-span development (13th Ed.)*. Chennai: McGraw Hill Education India.

Activities

1. Interactive lectures.
2. Individual assignment: guided reading, case study, reflections, and essay writing.
3. Collaborative learning: group discussion, case study, field visit, and group compilation.

Module 5: Adolescence (Lecture: 10 hrs.; Practical: 4 hrs.)

- Physical development in adolescence
- Cognitive development in adolescence
- Psychosocial development in adolescence

Reading

1. Feldman, R.S., & Babu, N. (2018). *Development across the life span* (8th Ed). New Delhi: Pearson.
2. Hurlock, E. B. (1980). *Developmental psychology: a life-span approach* (5th Ed.). Chennai: McGraw Hill Education India.
3. Papalia, D.E., Olds S.W., & Feldman, R.D. (2004). *Human development*. New Delhi: Tata McGraw Hill.
4. Santrock, J. W. (2011). *Life-span development* (13th Ed.). Chennai: McGraw Hill Education India.
5. Santrock, J. W. (2008). *Adolescence* (12th Ed.). New York: McGraw-Hill.

Activities

1. Interactive lectures.
2. Individual assignment: guided reading, reflections, and term paper.
3. Collaborative learning: group discussion, case study, cross case comparisons, and group compilation.

Module 6: Adulthood (Lecture: 10 hrs.; Practical: 6 hrs.)

- Early adulthood: physical development, cognitive development, psychosocial development
- Middle adulthood: physical development, cognitive development, psychosocial development
- Late adulthood: physical development, cognitive development, psychosocial development

Reading

1. Feldman, R.S., & Babu, N. (2018). *Development across the life span* (8th Ed). New Delhi: Pearson.
2. Hurlock, E. B. (1980). *Developmental psychology: a life-span approach* (5th Ed.). Chennai: McGraw Hill Education India.
3. Papalia, D.E., Olds S.W., & Feldman, R.D. (2004). *Human development*. New Delhi:

Tata McGraw Hill.

4. Santrock, J. W. (2011). *Life-span development* (13th Ed.). Chennai: McGraw Hill Education India.

Activities

1. Interactive lectures.
2. Individual assignment: guided reading, reflections, and term paper.
3. Collaborative learning: group discussion, case study, cross case comparisons, and group compilation.

Module 7: Endings

(Lecture: 8 hrs.; Practical:4 hrs.)

- Death, dying, and grieving
- Defining death and life
- Developmental perspective on death
- Facing one's own death
- Coping with someone else's death

Reading

1. Feldman, R.S., & Babu, N. (2018). *Development across the life span* (8th Ed). New Delhi: Pearson.
2. Hurlock, E. B. (1980). *Developmental psychology: a life-span approach* (5th Ed.). Chennai: McGraw Hill Education India.
3. Papalia, D.E., Olds S.W., & Feldman, R.D. (2004). *Human development*. New Delhi: Tata McGraw Hill.
4. Santrock, J. W. (2011). *Life-span development* (13th Ed.). Chennai: McGraw Hill Education India.

Activities

1. Interactive lectures.
2. Individual assignment: guided reading, reflections, and term paper.
3. Collaborative learning: group discussion, case study, cross case comparisons, and group compilation.

References

1. Berk, L.E. (2017). *Child development* (9th Ed.). Noida: Pearson India Education Services.
2. Feldman, R.S., & Babu, N. (2018). *Development across the life span* (8th Ed). New Delhi: Pearson.
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Chennai: McGraw Hill Education India.

4. Papalia, D.E., Olds S.W., & Feldman, R.D. (2004). *Human development*. New Delhi: Tata McGraw Hill.

5. Santrock, J. W. (2008). *Adolescence* (12th Ed.). New York: McGraw-Hill.

6. Santrock, J. W. (2011). *Life-span development* (13th Ed.). Chennai: McGraw Hill Education India.