

## FOUNDATION OF HUMAN DEVELOPMENT -( THEORY )

Max Marks: - 100 marks

Teaching workload: 4 hours/week

Total teaching workload: 60/ semester

### OBJECTIVES:

1. To acquaint the students with the process of life span development.
2. To build understanding of various developmental concepts and achievements.
3. To understand the emerging issues and adjustment across life span stage.
4. To sensitize students to understand developmental delays, laps and individual differences in human development.
5. They will also learn to understand significant issues related to adolescents, adults and ageing people.

UNIT I	Understanding	methods	of	Human	Development
Hours					

1	Methods of child study and their use: Interview , questionnaire, Observations , Checklist	-			6
2	Psychometric tests for children- Wechsler Preschool and Primary Scales of Intelligence (WPPSI), Children Apperception Test (CAT)				6
3	<b>Reflexes of the newborn</b>				6

### UNIT-II Understanding Life Span Stages of Human Development, Highlighting Significant Developmental Tasks.

3	EARLY CHILDHOOD (2 Years to 6 Years)- Major Developmental Milestones, Significance of Pre-School Education and Early Childhood years.				7
4	MIDDLE CHILDHOOD AND LATE CHILDHOOD (6 Years to 12 Years)- Major Developmental Milestones, Peer Pressure, Early and Late Maturity and Factors Influencing Major Development.				7
5	ADOLESCENTS (12 Years to 19 Years)- Major Developmental Milestones, Pubertal Changes, Growth Spurt, Early and Late Maturity Identity Crisis, Friendship and Heterosexual and Homosexual Relationship, Juvenile Delinquency..				7

### UNIT-III

6	YOUNG ADULTHOOD (20 Years to 40 Years)- Developmental Milestones, Responsibilities, Adjustments and Challenges, Changing trends in parenting.				7
7	MIDDLE AGE (40 Years to 60 Years)- Developmental milestones, Characteristics, Changes, Challenges and Adjustment, Health issues and Menopause, Mid life crisis,				7
8	LATE ADULTHOOD/ AGING (60 Years onwards)- Developmental Changes- Physical, Physiological, Health, Cognitive changes. Retirement, Financial Problems and Adjustment to loneliness, Family settings, Illness. Recreational interest, Provisions and Policies for Aging Adults.				7

**References :**

1. Berk, L. (2006). Child development. Allyn & Bacon. New York
2. Berke L.E. (1995). Child Development, Allyn and Bacon
3. Hurlock E.B. (1978). Child Development, Mcgraw Hill Publishing Co.
4. Lefrancois, G.R. (1996). The Life Span. Wadsworth Publication Company: USA: California.
5. Rice, F. (1992). Human Development: A Life Span Approach. Prentice Hall.
6. Rice, P. (1995). Human Development: A Lifespan Approach. Prentice-Hall Inc. New Jersey.
7. Santrock, J.W. (1997). Life Span Development. Brown & Benchmark. New York
8. Santrock, J.W.(2007). Life span Development (3<sup>rd</sup>ed). Tata – McGrawHill. New Delhi.

Examination scheme:

Maximum marks-100

Passing marks- 40

Duration-3 hours