

Course Syllabus

1	Course title	Foundation of Growth and Development	
2	Course number	0703201	
3	Credit hours	3 credit hours (Theory)	
	Contact hours (theory, practical)	3 credit hours (Theory)	
4	Prerequisites/requisites	None	
5	Program title	B.Sc. in Nursing	
6	Program code	-----	
7	Awarding institution	The University of Jordan	
8	School	School of Nursing	
9	Department	Maternal and Child Health Nursing	
10	Course level	Second Year Course	
11	Year of study and semester (s)	Second Semester 2022-2023	
12	Other department (s) involved in teaching the course	-----	
13	Main teaching language	English	
14	Delivery method	<input checked="" type="checkbox"/> Face to face learning <input type="checkbox"/> Blended <input type="checkbox"/> Fully online	
15	Online platforms(s)	<input checked="" type="checkbox"/> Moodle <input checked="" type="checkbox"/> Microsoft Teams <input type="checkbox"/> Skype <input type="checkbox"/> Zoom <input type="checkbox"/> Others.....	
16	Issuing/Revision Date	Feb., 25 ^h , 2023	

17 Course Coordinator:

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18 Other instructors:

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19 Course Description:

This course is designed to introduce the student to the main concepts that are related to growth and development of human throughout the life span. It focuses on the biological, psychosocial, cognitive, moral and spiritual characteristics of each developmental stage. The course will introduce the student to the strategies that can be used to help the individuals of specific developments period to attain optimal health. The framework of the course will be based on the concept of health maintenance and promotion.



20 Course aims and outcomes:

A- Aims:

The aim of the course is to provide students with essential knowledge related to the growth and development of human throughout the life span based on the concepts of health maintenance and promotion

B- Students Learning Outcomes (SLOs):

Upon successful completion of this course, students will be able to:

A- Aims:

B- Students Learning Outcomes (SLOs):

Upon successful completion of this course, students will be able to:

SLOs SLOs of the course	SLO (1)	SLO (2)	SLO (3)	SLO (4)
1. Demonstrate competency in performing and providing the role of a professional nurse in quality care provision for individuals, families, and groups.	Define the major concepts that relates to growth and development	Identify the stages of growth and development	Discuss Patterns of growth and development	Discuss the theories that are related to growth and development
2 Apply principles of effective communication with peers, individuals, families, groups, and health care team.	Integrate relevant knowledge of growth and development when providing care to children, adults, and families across the life span.			
3 Utilize critical thinking and problem solving in planning and implementing nursing care for individuals, families, and groups.	Integrate theories of development to each developmental stage.	Apply developmental assessment for individual in each developmental stage.		

4 Apply professional standards, values, and behaviors in providing nursing care for individuals, families, and groups.	Discuss the biological, psychosocial, cognitive, & spiritual characteristics for each development stage.	Determine the major concerns that face individuals in each developmental stage.	Explain the role of inherent and environmental factors in the growth and development of an individual.	Summarize the main health problems that are associated with young and middle age adult
5 Demonstrate safety measures to protect self, individuals, families, and groups.	Plan essential health promotion and protection strategies to meet the needs of an individual in different developmental stages.	Elaborate health promotion strategies, and preventive measures throughout life span like prevention of injuries and accidents		
6 Translate organizational, leadership, inter professional collaboration, and management concepts into nursing care for individuals, families, and groups.	Integrate theories of development to each developmental stage.	Plan essential health promotion and protection strategies to meet the needs of an individual in different developmental stages.		
7. Utilize evidence-based practice in providing care for individuals, families, and groups.	Review the most recent evidence based studies related health promotion and concerns of each developmental stage			





21. Topic Outline and Schedule:

Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
1 26/2-2/3/2023	Sunday	Course overview Review of Syllabus Course expectations Course teaching and evaluation methods	PILO#1 SLOs 1,2,3	Face to Face		
	Tuesday					
	Monday Wednesday					
	Thursday	Self-reading of the PPT of developmental theories and be prepared for discussion on Sunday 5/3/2023			Midterm and final exam	Text book
2 5-9/3/2023	Sunday	Theories of Growth and Development	PILO#1 SLOs 4	Face to Face	Midterm and final exam	Text book
	Tuesday					
	Monday Wednesday					
	Thursday	<ul style="list-style-type: none"> • Self-reading of the PPT of developmental theories • Review the uploaded video and be prepared for discussion on Sunday 12/3/2023 	PILO#1 SLOs 4			



Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
3 12-16/3/2023	Sunday	Theories of Growth and Development	PILOs#1 SLOs 4	Face to Face	Midterm and final exam	Text book
	Tuesday					
	Monday					
	Wednesday Thursday	Review the video related to growth and development of infant to be discussed on Sunday 19/3/2023 & Monday 20/3/2023	PILOs#1 SLOs 4			
4 19-23/3/2023	Sunday	Health Promotion of the infant and Family: <ul style="list-style-type: none">Growth and development	ALL	Face to Face	Course assignments, midterm exam, and final exam	Text book
	Tuesday					
	Monday					
	Wednesday Thursday	Review the video related to growth and development of infant to be discussed on Sunday 26/3/2023 & Monday 27/3/2023				
5 26-30/3/2023	Sunday	Health Promotion of the infant and Family: <ul style="list-style-type: none">Promoting optimum health Coping with concerns	ALL	Face to Face	Course assignments, midterm exam, final exam	Text book
	Tuesday					
	Monday					
	Wednesday Thursday	Review the video related to coping with concerns to be discussed on Sunday 2/4/2023 & Monday 3/4/2023	ALL			
6	Sunday	Health Promotion of the Toddler and	ALL	Face to Face	Course	Text book



Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
2-6/4/2023	Tuesday	Family: <ul style="list-style-type: none"> Growth and development 			assignments, midterm exam, and final exam	
	Monday					
	Wednesday Thursday	Review the video related to growth and development of toddler to be discussed on Sunday 9/4/2023 & Monday 10/4/2023	ALL			
7 9-13/4/2023	Sunday Tuesday	Health Promotion of the Toddler and Family: <ul style="list-style-type: none"> Promoting optimum health 	ALL	Face to Face	Course assignments, midterm exam, and final exam	Text book
	Monday					
	Wednesday Thursday	Review the video related to promoting optimal health to be discussed on Sunday 16/4/2023 & Monday 17/4/2023	ALL			
8 16-20/4/2023	Sunday Tuesday	Health Promotion of the Toddler and Family: <ul style="list-style-type: none"> Coping with concerns 	ALL	Face to Face	Course assignments, midterm exam, and final exam	Text book
	Monday					
	Wednesday Thursday	Review the video related to coping with concerns to be discussed on Sunday 23/4/2023 & Monday 24/4/2023	ALL			
Midterm Exam Thursday 27/4/2023 from 10-11 am at the SON						



Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1 & 2					
10 30/4-4/5/2023	Sunday	Health Promotion of the Pre-schooler and Family: <ul style="list-style-type: none"> Growth and development 	ALL			
	Tuesday					
	Monday					
	Wednesday Thursday	Review the video related to growth and development to be discussed on Sunday 7/5/2023 & Monday 8/5/2023	ALL			
11 7-11/5/2023	Sunday	Health Promotion of the Pre-schooler and Family: <ul style="list-style-type: none"> Promoting optimum health Coping with concerns 	ALL	Face to Face	Course assignments, midterm exam, and final exam	Text book
	Tuesday					
	Monday					
	Wednesday Thursday	Review the video related to promoting optimum health to be discussed on Sunday 14/5/2023 & Monday 15/5/2023	ALL			
12 14-18/5/2023	Sunday	Health Promotion of the Pre-schooler and Family <ul style="list-style-type: none"> Coping with concerns 	ALL	Face to Face	Course assignments, midterm exam, and final exam	Text book
	Tuesday					
	Monday					
	Wednesday Thursday	Review the video related to coping with concern to be discussed on Sunday 21/5/2023 & Monday 22/5/2023	ALL			
Quiz on Monday and Tuesday 15 & 16/5/2023 (During the lecture time)						



Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
13 21-24/5/2023	Sunday Tuesday	Health Promotion of the School-Age Child and Family <ul style="list-style-type: none"> • Growth and development • Promoting optimum health • Coping with concerns 	ALL	Face to Face	Course assignments, midterm exam, and final exam	Text book
	Monday					
	Wednesday Thursday	Be prepared for your in-class course presentation	ALL			
14 28/5-1/6/2023		Student Presentation	ALL	Face to Face	Course assignments	Text book and related references
15 4-8/6/2023		Student Presentation	ALL	Face to Face	Course assignments	Text book and related references
16		Final Exam TBA (11-20/6/2023)				

22 Evaluation Methods:

Opportunities to demonstrate achievement of the SLOs are provided through the following assessment methods and requirements:

Evaluation Activity/Purpose	Covered PILO & CILO(s)	Mark	Topic(s)	Period (Week)	Platform
Midterm exam	1-7	30%	<ul style="list-style-type: none"> • Foundation of Growth and Development • Theories of Growth and Development • Health Promotion of Infant and Family 	8th -9th The date will be announced later	SON
Course Work		30%			
<ul style="list-style-type: none"> • Assignments (Seminar Presentation) Please Refer back to Appendix # 1	1-7	20%	Health promotion and concern during childhood period	14th & 15th 28/5-8/6/2023	Classroom
<ul style="list-style-type: none"> • Quiz 	1-7	10%	<ul style="list-style-type: none"> • Health Promotion of Adolescent and Family • Health Promotion of Young and Middle-aged adult 	12th Mon.& Tues., 15&16/5/2023 (Lecture time)	SON
Final Exam	1-7	40%	<ul style="list-style-type: none"> • Health Promotion of Toddler and Family • Health Promotion of Preschooler and Family • Health Promotion of School-Age Child and Family 	16th	SON

23 Course Requirements

Students should have a computer, speakers internet connection, webcam, account on a Moodle and M-Teams platform, official JU email

24 Course Policies:

A Please refer to the university policies as published up-to-date in the link below:

<http://units.ju.edu.jo/ar/LegalAffairs/Lists/Regulations/DispForm.aspx?ID=246&ContentTypeId=0x0>

[100C7850F392E786A439F935E088708707E](#)

A- Attendance policies:

B- Absences from exams and submitting assignments on time:

C- Health and safety procedures:

D- Honesty policy regarding cheating, plagiarism, misbehavior:

E- Grading policy:

F- Available university services that support achievement in the course:

25 References:

A- **Required book (s), assigned reading and audio-visuals:**

1. Hockenberry, M. J., Wilson, D., & Rodgers, C. C. (2017). Wong's Essentials of Pediatric Nursing. (10th ed). Elsevier Health Sciences.
2. Kozier, B. J., Glenora Erb BScN, R. N., Berman, A. T., Snyder, S., Madeleine Buck, R. N., & Lucia Yiu, R. N. (2013). Fundamentals of Canadian nursing: Concepts, process, and practice. Pearson Education Canada.

B- **Recommended books, materials, and media:**

Sigelman, C., & Rider, E. (2016). Life-Span Human Development. (8Th ed). Cengage

C- **Electronic resources**

Moodle (e-learning)

Relevant Website and Journals

- Child indicators research
- Journal of early adolescent
- Journal of adolescent health
- Journal of child and family studies
- Child and youth services journal
- Child: care, health, and development
- Child and youth care forum

- Children and youth services review
- Development and behavioral pediatric
- International Journal of adolescents

Websites

www.parenting.com/child/education/10-best-educational-websites-kids

<https://childdevelopmentinfo.com/>

www.howkidsdevelop.com/resWebs.html


<http://www.parenting.com/child/education/10-best-educational-websites-kids>
[://www.cdc.gov/ncbddd/childdevelopment/links.html](http://www.cdc.gov/ncbddd/childdevelopment/links.html)

https://www.thinksmall.org/for_parents.../understanding_your_childs_development/

www.pbs.org/parents/child-development

26 Additional information:

There will be 2 grades that will be given to the students who answers challenge questions in the class

Name of Course Coordinator: Suhaila Halasa	Signature: 	Date: 25/2/2023
Head of Department: -- <i>Diana Arabiat</i> --	Signature: ----- <i>Diana</i> -----	
Head of Curriculum Committee/Faculty: -----	Signature: -----	
Dean: -----	Signature: -----	

Appendix # 1



The University of Jordan
School of Nursing
Maternal and Child Health Nursing Department
Second Semester 2022-2023
Foundation of Growth and Development (0703201)
Oral Class Presentation (20%)

Purpose of the Assignment:

Upon successful completion of this assignment, you will be able to achieve all the **Program/Student, and Course Indented Learning Outcomes**

The following Course topics will be covered:

- Health promotion of infant and family
- Health promotion of toddler and family
- Health promotion of pre-schooler and family
- Health promotion of adolescent and family

General instructions:

1. **Select** one topic from the attached document
2. **Choose** your group, each group consists of 5 -6 students
3. The group should select a group leader, with the following responsibilities:
 - Assigning the roles and contributions for each student.
 - Making sure all students collaborate accordingly.
 - Conducting frequent meetings with the group to discuss the work
 - Contacting the instructor for further clarifications/ suggestions related to the presentation
 - Preparing a backup plan in case any of the students were unable to participate in the presentation (e.g., due to sickness)
 - Presenting the topic (oral presentation) in front of the classmates (in class)
4. **Use** more than one valid scientific references to prepare the contents (at least one textbook)

Presentation schedule:

- The date of the presentation is firm, any delay or cancelation should be avoided under all circumstances.
- In very urgent conditions, permission for rescheduling a presentation should be obtained from the course instructor at least 24 hours earlier to the presentation scheduled date.
- Rescheduling a presentation is subject to 10% subtraction of the total grade.

Preparing the presentation slides:

1. The presentation should consist of PowerPoint slides that cover: Course name and number, Presentation Title, Objectives, Scientific Contents, a summary of the recent research study, and References
2. The presentation time should not exceed 20 -25 minutes in total time
3. The power point presentation should not exceed 17 slides and suggested distribution of slides may be:
 - Slide #1: School Name, Semester and Academic year, Course name, number, and section, , Presentation's title, Day and date of presentation,
 - Slide # 2: Students' names and ID #
 - Slide #3: Objectives
 - Slide #4-15: Contents
 - Slide #16: Summary
 - Slide #17: References
5. The contents of the slides should be concise and direct to the point
6. Each slide should have a clear title or heading
7. Follow the 6x6 rule in each slide as possible (6 sentences x 6 words for each sentence), and avoid distracting or overcrowded slides as possible.
8. Successful presentations often utilize more verbal explanations and narrations than what it is written on the slide.
9. Use pictures, figures, and images to illustrate specific objectives of the presentation
10. All students should be present during the presentation day and should be prepared to answer any questions
11. Select one of the following topics for your oral presentation

Topics for oral presentation

1. Child Abuse
2. Therapeutic play
3. Timeout technique for discipline among toddlers and preschool children
4. Anorexia nervosa among adolescents
5. Dwarfism (growth retardation)
6. Safety promotion and injury prevention during infancy
7. Common infant injuries, associated risk factors, and safety promotion
8. Injury prevention during early childhood
9. Injury prevention during the school -aged years
10. Health concerns of adolescence and injury prevention
11. Health promotion of middle-aged adult
12. Mal nutritional disorder (Marasmus)
13. Mal nutritional disorder (Kwashiorkor)
14. Effect of divorce on the development of children
15. A green environment and its effects on children
16. Games that stimulate child development
17. Music and its benefits for child development
18. Effect of domestic violence on child development
19. Types of parenting styles and effects on children's health
20. Child development and its effects on the person's entire life
21. Importance of playing for early child development
22. The effect of pollution on the development of children
23. Importance of outdoor play on development of children



The University of Jordan
School of Nursing
Maternal and Child Health Nursing Department
Second Semester 2022-2023
Foundation of Growth and Development (0703201)
Oral Class Presentation (20%)

Evaluation Criteria of Oral Presentation (20%)

Title of Presentation:

Day and Date of Presentation:

Student's Name: **ID #:**

Student's Name: **ID #:**

Student's Name: **ID #:**

Student's Name: **ID #:**

Student's Name: **ID #:**

Student's Name: **ID #:**

Item	Poor 1	Fair 2	Good 3	Excellent 4	St. Grade
1. Objectives	No objectives or outline	Objectives/ or outline were not stated well	Objectives/ or outline were mostly stated well	Objectives/ or outline were stated well	
2. Presentation Organization and Content	The presentation is lacking in relevant information	Does not have all of the relevant information.	Presentation includes all relevant information; however, it is not well-organized	The presentation includes all information relevant to the topic in an organized way	
3. Work quality/effort	Work is done with little effort	Work is done with fair effort	The work was done with good effort	The work done exceeds all expectations	



4. Delivery	The student used to read all the time from the slides or paper	The student used to read most of the time from the slides or paper	The student used to read some time from f the slides or paper	The presentation was excellent. The student was clear and well spoken	
5. Response to Questions	Student's response is brief and general	Student responds appropriately, but lacks confidence	Student responds with knowledge, but lacks confidence	Student responds with knowledge and confidence	
6. Eye Contact	Student reads all of report with no eye contact	Student occasionally uses eye contact, but still reads most of time	Student maintains eye contact most of the time but frequently returns to notes.	Student maintains eye contact with audience, seldom returning to notes.	
7. References	No references, or they are formatted incorrectly.	Only 1 reference used or formatted correctly.	2-3 references, all are formatted correctly.	4+ references, all formatted correctly.	
8. Conclusion	No conclusion	Irrelevant to the body of knowledge.	Relevant but not complete	Comprehensive and relevant to the topic	
9. Creativity	Presentation is not creative	creativity and neatness	Good creativity and neatness	The presentation has an element of creativity	
10. Recent Article	Not presented	Not clear	Presented well without application	Presented well with	
Total out of 40					
Total out of 20					

Instructor Comments:

Instructor Name and Signature: -----, Date: -----

Student Signature: -----.