



## CYFS-116 – Lifespan Development

Health and Human Services

**Effective Term & Year:** Fall 2022

**Course Outline Review Date:** 2025-04-01

**Program Area:** Child Youth and Family Studies

### Description:

This course explores the development of humans from conception to death. It includes physical, cognitive and psychosocial developmental domains. Students preparing to work in careers that involve other people need to clearly understand the complex, dynamic process of development throughout a person's lifespan. This knowledge can provide students with insight into their own development and the development of those they will encounter in their personal and professional lives.

### Program Information:

This is a core course required to complete any of the Child, Youth, and Family Studies Certificate Programs. This is also a required course for the Aboriginal Education Support Worker Diploma Program.

**Delivery Methods:** Hybrid – On-campus (Face-to-Face) and Online, Online

**Credit Type:** College of the Rockies Credits

**Credits:** 4

**Course type/s:** Social Sciences

### Instructional Activity and Hours:

Activity	Hours
Classroom, Directed Studies or Online Instruction	60
Seminar/Tutorials	

Laboratory/Studio	
Practicum/Field Experience	
Co-op/Work Experience	
Other	
<b>Total</b>	<b>60</b>

### Course Requisites:

- Earned a minimum grade of C+ (65%) in at least 1 of the following:
  - ENFP 12 – English First Peoples 12
  - ENST 12 – English Studies 12
  - ENGL090 – English – Provincial Level

### Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

### Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

### Textbook Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

Rathus, S., Longmuir, S., Berk, L., & Rogerson, R. (2018). *HDEV*. (3rd Canadian ed.). Toronto, ON: Nelson Publishing.

Haig, J., & MacMillan, V. (2018). *Cites & sources: An APA documentation guide* (5th ed.).

Toronto, ON: Nelson Publishing.

*Please see the instructor's syllabus or check COTR's online text calculator <https://textbook.cotr.bc.ca/> for a complete list of the currently required textbooks.*

---

### **Learning Outcomes:**

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

- evaluate Eurocentric and Indigenous theories of development;
  - implement multicultural/anti-bias strategies that value diversity and inclusiveness;
  - analyze necessary components of a healthy, safe and stimulating environment for the prenatal period;
  - analyze optimal growth and development during the infant and toddler stages;
  - discuss the potential impact of early intervention programs on healthy development across the lifespan;
  - demonstrate activities and strategies for optimizing growth and development during preschool years;
  - demonstrate activities and strategies for optimizing development during middle childhood;
  - analyze necessary components of a healthy, safe and stimulating environment during adolescence;
  - analyze necessary components of a healthy, safe and stimulating environment during adulthood;
  - evaluate theories and effects of death and dying on individuals and families; and
  - demonstrate cultural competence through the use of a world view that acknowledges personal bias, individual values and cultural histories.
- 

### **Course Topics:**

- History, issues and methods of lifespan development
- Research theories of development
- Heredity and environment
- Physical development over the lifespan
- Cognitive development over the lifespan
- Emotional development over the lifespan
- Social development over the lifespan
- Health and Health Habits
- Social Roles
- Development of Roles
- Work and Retirement
- Stress and Resistance
- Death and Dying

See instructor's syllabus for the detailed outline of weekly readings, activities and assignments.

## Evaluation and Assessments

### Assessment Type: On-Campus (face-to-face) and Online, or Hybrid

Assessment Type	% of Total Grade
Assignments	60%
Class Activities	20%
Exams	20%
Total	100%

## Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60			<60

**Pass requirements:** None

**Evaluation Notes:** A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

### Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a "0" on the exam.

### Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

## **Equivalent Course(s) and Course Code Changes**

Prior Course Code: CYFS 106 and HSWR 107 >> CYFS 116

Date changed: September 2010

### **Course Changes:**

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.