



CYFS-116 – Child Growth and Development

Health and Human Services

Effective Term & Year: Winter 2026
Course Outline Review Date: 2031-09-01

Program Area: Child Youth and Family Studies

Description:

This course examines child growth and development from birth to 12 years of age, specifically looking at physical, cognitive, social/emotional, and communication/language development. Students will explore a variety of topics that introduce them to multiple theoretical perspectives, concepts, and stages of child development.

Program Information:

This course is required for Child, Youth and Family Studies Program: Early Childhood Education Specialty.

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

Total 60

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

Prior Learning and Recognition: Yes

Students are able to request formal recognition of their prior learning or experience outside the classroom. Challenge examination, portfolio-assisted assessment, work-based assessment or a combination of assessments that is appropriate to identify, assess, and recognize prior skills, competencies, and knowledge to achieve course credit. Tuition fees apply, refer to Policy 2.5.5 [Prior Learning Assessment and Recognition \(PLAR\)](#) or 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.

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:

- explore the different theoretical perspectives of child growth and development;
- describe optimal growth and development during the infant and toddler, early childhood, and middle childhood stages;
- recognize biological, environmental and sociocultural influences on the development of children birth to 12 years old;
- explain the potential impact of early intervention programs on healthy development; and
- describe the importance of culturally safe, respectful and responsive approaches to supporting child growth and development.

Course Topics:

- Theories of child growth and development
- Environmental influences
- Ages and stages of development
- Physical development
- Cognitive development
- Social/Emotional development
- Communication/Language development
- Brain development

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
Weekly Activities	30%
Assignment #1	25%
Assignment #2	20%
Assignment #3	25%
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.

Evaluation Notes Comments:

A minimum passing grade of 60% is required to pass the course.

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 2.1.4 Course Audit
- Policy 2.4.1 Credential Framework
- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Rights, Responsibilities and Conduct
- Policy 2.4.8 Academic Performance
- Policy 2.4.9 Student Feedback and Concerns
- Policy 2.4.11 Storage of Academic Works
- Policy 2.5.3 Student Appeal
- Policy 2.5.5 Prior Learning Assessment and Recognition (PLAR)

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.

