

Human Development Course Description

Human Development is a multidisciplinary course, which focuses on the development of individuals across life span in the context of family and society. In order to gain a comprehensive understanding of development, the field draws from diverse disciplines such as Psychology, Physiology, Anthropology, Education, Philosophy and Sociology. The understanding thus gained is applied to further the quality of life of individuals, families and communities.

Learning Objectives:

- To gain a better understanding of an individual's life experiences.
- To gain knowledge of how social context impacts growth and development.
- To understand how societal change can support growth and development.
- To support the physical and mental health of individuals throughout their life span.
- To understand the contemporary societal challenges and the different human rights to overcome these challenges.

Learning Outcomes:

- Empowering students to advocate basic principles of human development to families and community.
- Contributing to the well-being of individuals and families across life span by building sustainable professional relationships with industry, community and state bodies.
- Advocating a rights-based, inclusive, gender and culture sensitive curriculum covering the human life span in response to contemporary social challenges

MDC

MD 1 – PREVIEW TO HUMAN DEVELOPMENT

Theory Credit2

1. Human development and the need to study it; Roles of heredity and environment in human development; Concepts of growth and development; The life span approach to human development.
2. Conception; Prenatal development, Birth of the baby – the characteristics of the neonate; care of the neonate.
3. Infancy – highlights of development; caring for the infant
4. Highlights of developmental characteristics and developmental tasks in childhood, adolescence, adulthood and old age

Practical: Credit1

1. Planning the diet of an expectant / a lactating mother; preparation of a diet chart.
2. Making play materials suitable for infants and children(puzzle, riddle, solving anagram, rubik's cube).
3. Assessing and preparing charts on growth and physical development in infancy and childhood.
4. Preparing picture / story books for infants and children.