



Course Outline

2026-2027 Catalog

PSY 15 - Lifespan Psychology

Catalog Description

Transfer Status: CSU/UC

Unit(s): 3.00

Lecture: 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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Course Description: This course provides an overview, from a psychological perspective, of human development from conception through death, including biological and environmental influences. Theories and research of physical, cognitive, personality, and social development are examined, as well as attention to developmental problems. (C-ID PSY 180).

Objectives

Upon successful completion of this course, the student should be able to:

1. Contrast and compare developmental theories and approaches (including how different theoretical perspectives affect or determine the research and applications that arise from them).
2. Analyze elements of a scientific approach to understanding human development in a biopsychosocial context.
3. Identify biological, psychological, and sociocultural influences on lifespan development.
4. Describe the ways in which psychological principles and research apply to real world problems and issues across the lifespan.
5. Describe the sequences of physical, social, and cognitive development across the lifespan, using the constructs and conceptual framework provided by psychological perspectives.
6. Identify and describe the techniques and methods used by developmental psychologists to study human development.
7. Identify and describe classic and contemporary theories and research in lifespan psychology.
8. Describe the developing person at different periods of the lifespan.
9. Identify possible causes or sources of developmental change and reasons for disturbances in the developmental process.

Course Content

Topic Titles / Suggested Time Topic	
<u>Lecture</u>	
<u>Topics</u>	<u>Lec Hrs</u>
a. Human development - definitions and controversies in the field (traditional Vs lifespan, continuous Vs discontinuous, nature Vs nurture)	9.50
b. The scientific method	
c. Approaches to studying change over time	
Developmental Theories	17.50
a. Psychodynamic theories	
b. Learning theories	
c. Contextual theories (e.g., sociocultural)	
d. Cognitive theories	
e. Humanistic theories	
Genetics	6.00
a. Genes, chromosomes and genetic transmission	
b. Genetic and chromosomal disorders	
Prenatal Development and Birth	12.00
a. Stages of prenatal development and birth (labor)	
b. Effects of the environment on prenatal development	
c. Neonatal testing and competencies	
Physical, cognitive and psychosocial development during infancy, early childhood, middle childhood, adolescence, early adulthood, middle adulthood, and late adulthood	3.00
Death and dying	3.00
Total Hours:	51.00

Methods of Instruction

- A. Class Activities
- B. Collaborative Group Work
- C. Discussion

- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Lecture

Methods of Evaluation

- A. Exams/Tests
- B. Research Projects
- C. Papers
- D. Projects
- E. Homework
- F. Class participation
- G. Written Assignments

Examples of Assignments

Reading Assignments

- 1. Read the chapter on Language Development and write 300 words on the following prompt: Language development in humans is vast, ranging from the non-verbal (think body posture such as being relaxed or still, gestures, and facial expressions) to the overtly verbal. What sorts of messages can language bring to your psychological processes? In other words, how has the language of others OR language you unintentionally sent to others (non-verbal or verbal) affected you in the past?
- 2. Read the chapter on Attachment Theory and write 100 words on the following prompt: After reading this week's content on Attachment Theory, how do you think your own attachment style, in your closest relationships, helps or hinders you? Use studies cited in this week's chapter to support your statement and write 300 words on it.

Writing Assignments

- 1. Write 100 words to a group member about your first experience with a bully or dominant personality. Then describe major theoretical views of the causes of bullying behavior.
- 2. Describe how early attachment styles can impact adult relationships in a 300 word reflection using relevant theoretical structures to support your analysis.

Out-of-Class Assignments

- 1. Watch children playing on a playground for 20 minutes and record what you see with 100 words using research strategies common to Naturalist Observation.
- 2. Observe the body language of couples in a mall in 3 age groups: teen, "middle age" and elderly. Record what you notice in 100 words.

Recommended Materials of Instruction

Berk, L. (2022). Development Through the Lifespan. *Pearson, 7th*. 978-0134419695.
Steinberg. L. (2010). Lifespan Development: Infancy Through Adulthood. *Wadsworth, 1st*. 978-0618721566.
Lally and French. (2023). Lifespan Development: A Psychological Perspective - OER. *OER, 2nd*. N/A.

Minimum Qualifications

Psychology (Masters Required)

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