



This course introduces students to human development across the lifespan. This will include an introductory survey of cognitive, psychological, and physical growth. Students will gain an understanding in regards to the emergence of personality, identity, gender and sexuality, social relationships, emotion, language, and moral development through life. This will include milestones found through birth to adulthood, education, achievement, work, dying, and death.

Introduction

Welcome to Human Growth and Development Across the Lifespan. To assist you in mastering the material in this course you will use a VitalSource E-text. This resource will provide you with content as well as Review, Connect, and Reflect questions that allow you to check your understanding of the information presented. It is highly recommended that you complete the modules in the order listed in the Pacing Guide. The course also includes a Preassessment, which will provide you with a Coaching Report that will help you target the topics where you have more to learn and determine if you are ready for the Objective Assessment. In addition to these resources, Course Instructors are also available to answer questions and discuss concepts of human growth and development. Competency will be demonstrated by the successful completion of an Objective Assessment.

Competencies

This course provides guidance to help you demonstrate the following 10 competencies:

- **Competency 154.1.1: Perspectives and Theories**
The graduate explains guiding perspectives, theories, and influences on physical, cognitive, and social development across the lifespan.
- **Competency 154.1.2: Beginnings**
The graduate analyzes human physical development from conception through birth.
- **Competency 154.1.3: Infancy**
The graduate analyzes the physical, cognitive, and social development of humans during infancy.
- **Competency 154.1.4: Early Childhood**
The graduate analyzes the physical, cognitive, and social development of humans during early childhood.
- **Competency 154.1.5: Middle Childhood**
The graduate analyzes the physical, cognitive, and social development of humans during middle childhood.
- **Competency 154.1.6: Adolescence**
The graduate analyzes the physical, cognitive, and social development of humans during adolescence.
- **Competency 154.1.7: Early Adulthood**
The graduate explains the physical, cognitive, and social development of humans during early adulthood.
- **Competency 154.1.8: Middle Adulthood**
The graduate analyzes the physical, cognitive, and social development of humans during middle adulthood.



- **Competency 154.1.9: Late Adulthood**

The graduate analyzes the physical, cognitive, and social development of humans during late adulthood.

- **Competency 154.1.10: Death, Dying, and Grieving**

The graduate examines the processes of death, dying, and grieving.

Learning Resource

You can access the learning resources listed in this section by clicking on the links provided throughout the course. You may be prompted to log in to the WGU student portal to access the resources.

VitalSource E-Texts

The following textbook is available to you as an e-text within this course. You will be directly linked to the specific readings required within the activities that follow.

- [Santrock, J. W. \(2013\). *Life-span development* \(15th ed.\). New York, NY: McGraw-Hill. ISBN: 9780077861827](#)

Note: This e-text is available to you as part of your program tuition and fees, but you may purchase a hard copy at your own expense through a retailer of your choice. If you choose to do so, please use the ISBN listed to ensure that you receive the correct edition.

When you are ready to begin the course, click the "Launch Course" button

[Launch Course](#)

Pacing Guide

This pacing guide suggests a weekly structure to complete the learning activities. It is provided as a suggestion and does not represent a mandatory schedule.

Week 1

- Theories of Development
Chapter 1
- Heredity and Prenatal Development
Chapters 2-3, Section I Milestones and Review
- Infancy: Physical and Cognitive Development
Chapters 4-5

Week 2

- Infancy: Psychosocial Development
Chapter 6, Section II Milestones and Review
- Early Childhood: Physical and Cognitive Development
Chapter 7



- Early Childhood: Psychosocial Development
Chapter 8

Week 3

- Middle Childhood: Physical and Cognitive Development
Chapter 9
- Middle Childhood: Psychosocial Development
Chapter 10
- Adolescence: Physical and Cognitive Development
Chapter 11
- Adolescence: Psychosocial Development
Chapter 12, Section III Milestones and Review

Week 4

- Early Adulthood: Physical, Cognitive, and Psychosocial Development
Chapters 13-14
- Middle Adulthood: Physical, Cognitive, and Psychosocial Development
Chapters 15-16

Week 5

- Late Adulthood: Physical, Cognitive, and Psychosocial Development
Chapters 17-19
- Death, Dying, and Grieving
Chapter 20, Section IV Milestones and Review, Section V Milestones and Review

Week 6

- Preassessment
- Objective Assessment

Live Events Calendar

[C217 Live Events](#)

This calendar shows the live events for Human Growth and Development Across the Lifespan, including webinars with your course instructors and open drop in sessions. The events are listed in the Mountain Time zone.

Click on the calendar title (C217 Live Events) to open the calendar in a new window.

Assessment

The Preassessment (PCAC)

The preassessment is a tool to help you determine your areas of strength and weakness with respect to the course content. It is recommended that you take and pass the preassessment



before attempting the objective assessment.

This [study guide](#) will help you prepare for the assessment. This guide is not a substitute for a thorough reading of the material. It is a tool to help you be successful in the course.

Consult with a course instructor to determine the most appropriate time for you to take the pre-assessment. Click the Assessment Tab to access your assessments.

Objective Assessment (CAC1)

Upon completion of the activities in this course, you will be prepared to complete the objective assessment. Please click the Assessment Tab to access your assessments.