

North East Institute of Social Sciences and Research
(NEISSR)

Paper: BSW 202

Title: Human Growth & Development
Semester Teaching Plan

Official Address: 7th Mile, Chümoukedima, Nagaland – 797103

Teaching Plan

- Course Summary
- Expanded Course Description
- Teaching and Evaluation
- Class Schedule and Reading

Course Summary

Paper Number: BSW 202

Paper Title: Human Growth & Development

Semester & Year: II & 2024

Instructors: Ms. Elizabeth Pojar

Class hours: 1 Hr.

Course Description:

Youth development is a process that prepares a young person to meet the challenges of adolescence and adulthood and achieve his or her full potential. Youth development is promoted through activities and experiences that help youth develop social, ethical, emotional, physical, and cognitive competencies. This paper will help to understand about employability, Career planning, Training & Development, Youth Counselling & Social work in educational setting.

Course Objectives:

- To understand stages of human growth and development- birth and death
- To understand the development task of each stage
- To know the difficulties and hazards of each stage

Course Outcome:

- Students acquire knowledge about the heredity and development
- Students understand change in growth, strength and overall health during early Adulthood
- Students learn how to resolve related to the body response to challenging life event during middle age stage

Teaching Methods

Lectures, class room discussions, Class activity, Role-play, Exposure visit, PowerPoint presentations, Videos, recapitulation, question and answer round, presentations by the students & practical exam.

Class Participation:

Recapitulation, group discussion, group & Individual assignment, Question and Answer Round.

Assignments and Evaluation

The criterion for evaluation of the course is as follow

- | | |
|---------------------------------------|-----------------|
| • University Examination (External) | 60 Marks |
| • □Internal Assessment | 40 Marks |
| 1. Written Internal Test | 25 Marks |
| 2. Assignment | 10 Marks |
| 3. Class Participation and attendance | 05 Marks |
| | Total 100 Marks |

CLASS SCHEDULE

MONTH

August

Unit I: Stages and development of human

- Meaning of growth and development
- Development stages – conception, pregnancy and delivery
- Developmental task – infancy, childhood

August

Unit II: Puberty

- Causes and age of puberty- body changes at puberty- effects of puberty changes:
- Development tasks of adolescence

September

Unit III: Adulthood

- Development task of early adult hood – vocational, martial, social adjustments, adjustments to parenthood

October

Unit IV: Middle Age

- Developmental tasks of middle age- social adjustment, adjustment to physical changes, vocational and martial hazards of middle age

October

Unit V: Old Age

- Characteristics of old age- developmental tasks of old age, adjustments to retirement- adjustment to loss of spouse- life hazards of old age

November

- Revision
- Discussion on elected topics according to the suggestion of the students
- Evaluation and Feedback

FACE SHEET/COVER PAGE OF THE ASSIGNMENT

Name of the Student:

Semester and year:

Paper No.:

Specialization:

Paper Title:

Category of Assignment: Individual/Group

Types of Assignment

1. PPT presentation
2. Reflection

Title of the Assignment:

Name of the Course Teacher:.....

Date of Submission:

SUGGESTED READING LIST

1. Hurlock E B (1975) Development Psychology, Tata McGraw- Hill.
2. Linda L Davidoff (1976), Introduction to Psychology, McGraw- Hill
3. Kappuswamy B (1990), Child Behaviour and Development, Konark Publisher,