



Form: Course Syllabus	Form Number	EXC-01-02-02A
	Issue Number and Date	2/3/24/2022/2963 05/12/2022
	Number and Date of Revision or Modification	
	Deans Council Approval Decision Number	2/3/24/2023
	The Date of the Deans Council Approval Decision	23/01/2023
	Number of Pages	06

1.	Course Title	Foundation of Growth and Development
2.	Course Number	5701303
3.	Credit Hours (Theory, Practical)	3 credit hours (Theory)
	Contact Hours (Theory, Practical)	3 credit hours (Theory)
4.	Prerequisites/ Corequisites	-
5.	Program Title	B.Sc. in Nursing
6.	Program Code	-----
7.	School/ Center	The University of Jordan/ Aqaba Campua
8.	Department	School of Nursing
9.	Course Level	2
10.	Year of Study and Semester (s)	Second Year Course
11.	Program Degree	2024/2025 / First semester
12.	Other Department(s) Involved in Teaching the Course	-----
13.	Learning Language	English
14.	Learning Types	<input type="checkbox"/> Face to face learning <input type="checkbox"/> Blended <input checked="" type="checkbox"/> Fully online
15.	Online Platforms(s)	<input checked="" type="checkbox"/> Moodle <input checked="" type="checkbox"/> Microsoft Teams
16.	Issuing Date	16/05/2023
17.	Revision Date	20/7/2024

18. Course Coordinator:

Name: Dr. Mohammad Abu Sabra	Contact hours: MON/WED 17:00-18:30
Office number:220	Phone number:00692-3-2090450 Ext: 56050
Email:m.sabra@ju.edu.jo	

19. Other Instructors:

None



20. Course Description:

This course is designed to introduce the student to the main concepts that are related to growth and development of human throughout the life span. It focuses on the biological, psychosocial, cognitive, moral and spiritual characteristics of each developmental stage. The course will introduce the student to the strategies that can be used to help the individuals of specific developments period to attain optimal health. The framework of the course will be based on the concept of health maintenance and promotion.

21. Program Intended Learning Outcomes: (To be used in designing the matrix linking the intended learning outcomes of the course with the intended learning outcomes of the program)

PLO's	*National Qualifications Framework Descriptors*		
	Competency (C)	Skills (B)	Knowledge (A)
1. Demonstrate competency in performing and providing the role of a professional nurse in quality care provision for individuals, families, and groups.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Elaborate principles of effective communication with peers, individuals, families, groups, and health care team.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
3. Utilize critical thinking and problem solving in planning and implementing nursing care for individuals, families, and groups.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. Apply professional standards, values, and behaviors in providing nursing care for individuals, families, and groups.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Demonstrate safety measures to protect self, individuals, families, and groups.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
6. Analyze organizational,	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



leadership, interprofessional collaboration, and management concepts into nursing care for individuals, families, and groups.			
7. Utilize evidence based practice in providing care for individuals, families, and groups	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

* Choose only one descriptor for each learning outcome of the program, whether knowledge, skill, or competency.

22. Course Intended Learning Outcomes: (Upon completion of the course, the student will be able to achieve the following intended learning outcomes)

Course ILOs	The learning levels to be achieved					
	Remembering	Understanding	Applying	Analysing	evaluating	Creating
1. Discuss developmental characteristics of each age group and related theories		✓	✓			
2. Integrated relevant communication skills for each developmental stage		✓	✓			
3. Integrate developmental characteristics while providing care to children and adults			✓	✓	✓	
4. Apply standardized nursing care based on developmental characteristics of each age group			✓	✓		
5. Elaborate health promotion strategies, and preventive measures				✓	✓	



based on each nursing care based on each developmental stage						
6. Plan essential health promotion strategies for each developmental stage based on intradisciplinary approach						✓
7. Review the most recent evidence based studies related health promotion and concerns of each developmental stage			✓		✓	

23. The matrix linking the intended learning outcomes of the course -CLO's with the intended learning outcomes of the program -PLOs:

PLO's */ CLO's	1	2	3	4	5	6	7	Descriptors**		
								K	S	C
1	X							X		
2		X						X		
3			X							X
4				X					X	
5					X					X
6						X			X	
7							X			X

***Linking each course learning outcome (CLO) to only one program outcome (PLO) as specified in the course matrix.**

****Descriptors are determined according to the program learning outcome (PLO) that was chosen and according to what was specified in the program learning outcomes matrix in clause (21).**



24. To Topic Outline and Schedule:

Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
1	Sunday	Course overview Review of Syllabus Course expectations Course teaching and evaluation methods	PILO#1 SLOs 1,2,3	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned m for the asynchronous activ
	Tuesday					
	Monday	Foundations of Growth and Development				
	Wednesday					
	Thursday	Interactive lecture posted online about developmental theories- be prepared for class discussion		Asynchronous Activity		
2	Sunday	Theories of Growth and Development	PILO#1 SLOs 4	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned m for the asynchronous activ
	Tuesday					
	Monday					
	Wednesday					
	Thursday	<ul style="list-style-type: none"> Review the interactive lecture posted online about developmental theories Review the uploaded video and be prepared for discussion on Sunday 	PILO#1 SLOs 4	Asynchronous Activity		



Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
3	Sunday	Theories of Growth and Development	PILOs#1 SLOs 4	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned m for the asynchronous activ
	Tuesday					
	Monday					
	Wednesday Thursday	Review the video related to growth and development of infant to be discussed in class next week	PILOs#1 SLOs 4	Asynchronous Activity		
4	Sunday	Health Promotion of the Infant and Family:	ALL PILOs and SLOs	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned m for the asynchronous activ
	Tuesday	<ul style="list-style-type: none"> Growth and development Promoting optimum health 				
	Monday					
	Wednesday Thursday	Review the Videos/PowerPoint presentations/Interactive lecture on promoting optimum health and coping with health concerns of Infants and families to be discussed in class next week	ALL PILOs and SLOs	Asynchronous Activity		
5	Sunday	Health Promotion of the Toddler and Family:	ALL PILOs and SLOs	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned m for the asynchronous activ
	Tuesday	<ul style="list-style-type: none"> Growth and development Promoting optimum health 				
	Monday					
	Wednesday Thursday	Review the Videos/PowerPoint presentations/Interactive lecture on promoting optimum health and coping with health concerns of Toddler and Families to be discussed in class	ALL PILOs and SLOs	Asynchronous		



Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
		next week		Activity		
Quiz 15 % - SON to Be announced						
6	Sunday Tuesday	Health Promotion of the Pre-schooler and Family: <ul style="list-style-type: none"> • Growth and development • Promoting optimum health 	ALL PILOs and SLOs	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned material for the asynchronous activities
	Monday					
	Wednesday Thursday	Review the Videos/PowerPoint presentations/Interactive lecture on promoting optimum health and coping with health concerns of Pre-schooler and Family to be discussed in class next week	ALL PILOs and SLOs	Asynchronous Activity		
7	Sunday Tuesday	Health Promotion of the School-Age Child and Family: <ul style="list-style-type: none"> • Growth and development • Promoting optimum health 	ALL PILOs and SLOs	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned material for the asynchronous activities,
	Monday					
	Wednesday Thursday	Review the Videos/PowerPoint presentations/Interactive lecture on promoting optimum health and coping with health concerns of School-Age Child and Family to be discussed in class next week	ALL PILOs and SLOs	Asynchronous Activity		
8	Sunday Tuesday	Health Promotion of the School-Age Child and Family: <ul style="list-style-type: none"> • Growth and development 	ALL PILOs and SLOs	Synchronous Lectures	Course exams, Asynchronous Activities, Course	Text book, and assigned material for the asynchronous activities



Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
	Monday	<ul style="list-style-type: none"> Promoting optimum health Coping with concerns 			Assignments.	
	Wednesday Thursday	Review the Videos/PowerPoint presentations/Interactive lecture on promoting optimum health and coping with health concerns of Schooler and Family to be discussed in class next week	ALL	Asynchronous Activity		
Midterm Exam 30% Computerized 11/24/2024 5/12/2024						
10	Sunday	Health Promotion of the Neonates and Family: <ul style="list-style-type: none"> General Discussion of the graded assignments and its parts 	ALL PILOs and SLOs	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned m for the asynchronous activ
	Monday					
	Tuesday Wednesday Thursday	Review the Videos/PowerPoint presentations/Interactive lectures Parts 1 to 4	ALL PILOs and SLOs	Asynchronous Activity		
11	Sunday Tuesday	Health Promotion and concerns of Adolescents and Family.	ALL PILOs and SLOs	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned m for the asynchronous activ
	Monday					
	Wednesday Thursday	Work on your course projects	ALL PILOs and SLOs	Asynchronous Activity		



Week	Lecture Day	Topic	Intended Learning Outcome	Learning Methods	Evaluation Methods	Resources
	Section 1& 2					
12	Sunday	<ul style="list-style-type: none"> Health Promotion and concerns of Early Adult and Family. 	ALL PILOs and SLOs	Synchronous Lectures	Course exams, Asynchronous Activities, Course Assignments.	Text book, and assigned m for the asynchronous activ
	Tuesday					
	Monday					
	Wednesday Thursday	Work on your projects	ALL PILOs and SLOs	Asynchronous Activity		
13	Sunday/Tuesday/Thursday	Student Presentations 15%	ALL PILOs and SLOs	Face to Face	Course assignments	Text book and related references
	Monday/Wednesday					
14	Sunday/Tuesday/Thursday	Student Presentations 15%	ALL PILOs and SLOs	Face to Face	Course assignments	Text book and related references
	Monday/Wednesday					
15-16	Final Exam Computerized TBA 1/15/2025 1/27/2025					



25. Evaluation Methods:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

Evaluation Activity	*Mark wt.	CLO's						
		1	2	3	4	5	6	7
Med term Exam	30	X			X			
Quiz	15	X			X			
Final Exam	40	X		X	X	X		X
**Class work					X	X		
Assignment	15	X		X				X
Total 100%								

* According to the instructions for granting a Bachelor's degree.

**According to the principles of organizing semester work, tests, examinations, and grades for the bachelor's degree.

Mid-term exam specifications table*

No. of questions/ cognitive level						No. of questions per CLO	Total exam mark	Total no. of questions	CLO/ Weight	CLO no.
Create %10	Evaluate %10	analyse %10	Apply %20	Understand %20	Remember %30					
1	1	1	4	2	1	10	100	100	10%	1

Final exam specifications table

No. of questions/ cognitive level						No. of questions per CLO	Total exam mark	Total no. of questions	CLO Weight	CLO no.
Create %10	Evaluate %10	analyse %10	Apply %20	Understand %20	Remember %30					
										1
										2
										3
										4
										5



26. Course Requirements:

(e.g.: students should have a computer, internet connection, webcam, account on a specific software/platform...etc.):

27. Course Policies:

A- Attendance policies:

B- Absences from exams and submitting assignments on time:

C- Health and safety procedures:

D- Honesty policy regarding cheating, plagiarism, misbehavior:

E- Grading policy:

F- Available university services that support achievement in the course:

Please refer to the university policies as published up-to-date in the link below:

<http://units.ju.edu.jo/ar/LegalAffairs/Lists/Regulations/DispForm.aspx?ID=246&ContentTypeId=0x0100C7850F392E786A439F935E088708707E>

28. References:

A- Required book(s), assigned reading and audio-visuals:

Hockenberry, M., Duffy, E., & Gibbs, K.. (2024). *Wong's nursing care of infants and children* (12.ed) Elsevier health sciences

B- Recommended books, materials, and media:

Hockenberry, M. J., Wilson, D., & Rodgers, C. C. (2021). *Wong's essentials of pediatric nursing-e-book*. Elsevier health sciences.



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29. Additional information:

None

Name of the Instructor or the Course Coordinator: Mohammad Abu Sabra.....	Signature: <i>Abu sabra</i>	Date: ...25-10-2024
Name of the Head of Quality Assurance Committee/ Department	Signature:	Date:
Name of the Head of Department	Signature:	Date:
Name of the Head of Quality Assurance Committee/ School or Center	Signature:	Date:
Name of the Dean or the Director	Signature:	Date: