



**El Camino College**  
**COURSE OUTLINE OF RECORD – Official**

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| <b>Course Acronym:</b>              | PSYC                                                                                                                                                                                                                                                                                                                                                |
| <b>Course Number:</b>               | 116                                                                                                                                                                                                                                                                                                                                                 |
| <b>Descriptive Title:</b>           | Lifespan Development                                                                                                                                                                                                                                                                                                                                |
| <b>Division:</b>                    | Behavioral and Social Sciences                                                                                                                                                                                                                                                                                                                      |
| <b>Department:</b>                  | Psychology and Human Development                                                                                                                                                                                                                                                                                                                    |
| <b>Course Disciplines:</b>          | Psychology                                                                                                                                                                                                                                                                                                                                          |
| <b>Catalog Description:</b>         | This course examines physical, cognitive and psychosocial development throughout the human lifespan from conception to death. Special emphasis is placed on culture, family relationships, and the interplay of genes and environment. Attention is also devoted to the practical application of research findings to ongoing developmental issues. |
| <b>Prerequisite:</b>                | Psychology C1000 or Psychology C1000H with a minimum grade of C                                                                                                                                                                                                                                                                                     |
| <b>Co-requisite:</b>                |                                                                                                                                                                                                                                                                                                                                                     |
| <b>Recommended Preparation:</b>     | Eligibility for English C1000 or equivalent                                                                                                                                                                                                                                                                                                         |
| <b>Enrollment Limitation:</b>       |                                                                                                                                                                                                                                                                                                                                                     |
| <b>Hours Lecture (per week):</b>    | 3                                                                                                                                                                                                                                                                                                                                                   |
| <b>Hours Laboratory (per week):</b> | 0                                                                                                                                                                                                                                                                                                                                                   |
| <b>Outside Study Hours:</b>         | 6                                                                                                                                                                                                                                                                                                                                                   |
| <b>Total Course Hours:</b>          | 54                                                                                                                                                                                                                                                                                                                                                  |
| <b>Course Units:</b>                | 3                                                                                                                                                                                                                                                                                                                                                   |
| <b>Grading Method:</b>              | Letter Grade only                                                                                                                                                                                                                                                                                                                                   |
| <b>Credit Status:</b>               | Credit, degree applicable                                                                                                                                                                                                                                                                                                                           |
| <b>Transfer CSU:</b>                | Yes                                                                                                                                                                                                                                                                                                                                                 |
| <b>Effective Date:</b>              | 1/16/2001                                                                                                                                                                                                                                                                                                                                           |
| <b>Transfer UC:</b>                 | Yes                                                                                                                                                                                                                                                                                                                                                 |
| <b>Effective Date:</b>              | fall 2001                                                                                                                                                                                                                                                                                                                                           |
| <b>General Education:<br/>ECC</b>   | Area 2C - Social and Behavioral Science, Area 5 - Health and Physical Education                                                                                                                                                                                                                                                                     |
| <b>Term:</b>                        |                                                                                                                                                                                                                                                                                                                                                     |
| <b>Other:</b>                       |                                                                                                                                                                                                                                                                                                                                                     |
| <b>CSU GE:</b>                      | Area D - Social Sciences, Area E - Lifelong Understanding and Self-Development                                                                                                                                                                                                                                                                      |
| <b>Term:</b>                        |                                                                                                                                                                                                                                                                                                                                                     |
| <b>Other:</b>                       |                                                                                                                                                                                                                                                                                                                                                     |

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|                                   | <b>IGETC:</b> Area 4 - Social and Behavioral Sciences                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                                   | <b>Term:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                   | <b>Other:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                                   | <b>CalGETC:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|                                   | <b>Term:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                   | <b>Other:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Student Learning Outcomes:</b> | <p><b>SLO #1 Logic of the Scientific Method</b></p> <p>On examination (e.g., m/c, T/F, fill-in, matching, essay), written essay, research paper, and/or oral presentation, students will be able to describe and contrast specific research methods in the study of lifespan development (e.g., longitudinal, cross-sectional, sequential designs) as well as assess the strengths and weaknesses of each.</p> <p><b>SLO #2 Fundamental Principles</b></p> <p>On examination (e.g., m/c, T/F, fill-in, matching, essay), written essay, research paper, and/or oral presentation, students will be able to identify, explain, and compare these aspects of the major theoretical perspectives of lifespan development: main focus, key concepts, and basic assumptions.</p> <p><b>SLO #3 Everyday Application</b></p> <p>On examination (e.g., m/c, T/F, fill-in, matching, essay), written essay, research paper, and/or oral presentation, students will be able to apply fundamental lifespan principles (e.g., temperament, attachment, personality, parental style, milestones, interpersonal and familial relationships) in their efforts to understand everyday life experiences (e.g., child rearing, bereavement).</p> |
| <b>Course Objectives:</b>         | <ol style="list-style-type: none"> <li>1. Compare and contrast the main focus, key concepts, and basic assumptions of the major theories of lifespan development.</li> <li>2. Describe the steps of the scientific method and explain specific research methods used in the study of lifespan development.</li> <li>3. Evaluate the bidirectional influences of genetic and environmental factors on various aspects of development.</li> <li>4. Identify and appraise the influence of multiple contexts such as history, culture, and socioeconomic status on lifespan development.</li> <li>5. Discuss the major developmental milestones of the prenatal periods and distinguish the specific effects of teratogens on each.</li> <li>6. Discuss normative cognitive changes across the lifespan as suggested by Piaget and other developmental psychologists.</li> </ol>                                                                                                                                                                                                                                                                                                                                                   |

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|                             | <ol style="list-style-type: none"> <li>7. Outline the sequence of and influences on language development throughout the lifespan.</li> <li>8. Describe gains and losses in intellectual functioning across the lifespan and explain factors that contribute to decline and thriving at each stage.</li> <li>9. Trace the development of the brain from conception through the end of life, noting genetic and environment influences at different ages.</li> <li>10. Assess the role of relationships with family and friends on the development of the individual.</li> <li>11. Explain how research on temperament, personality, and attachment illustrate both stability and change in development.</li> <li>12. Differentiate typical and atypical development across the lifespan.</li> <li>13. Recognize how the physical, cognitive, and psychosocial domains of development interrelate.</li> <li>14. Analyze the major psychological challenges of death, dying, and bereavement.</li> </ol> |
| <p><b>Major Topics:</b></p> | <p><b>I. Introduction (9 hours, lecture)</b></p> <p>A. Studying Lifespan Development</p> <p>B. Theories of Development</p> <p>C. Genetics, Prenatal Development and Birth</p> <p><b>II. The First Two Years of Life (6 hours, lecture)</b></p> <p>A. Physical Development</p> <p>B. Motor Development</p> <p>C. Cognitive Development</p> <p>D. Language Acquisition</p> <p>E. Psychosocial Development</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

### **III. Early Childhood (6 hours, lecture)**

- A. Physical Development
- B. Motor Skill Development
- C. Cognitive Development
- D. Early Childhood Education
- E. Psychosocial Development
- F. Gender Development

### **IV. Middle Childhood (6 hours, lecture)**

- A. Physical Development
- B. Cognitive Development
- C. Language Development
- D. Intelligence
- E. Family and Peer Relationships

### **V. Adolescence (6 hours, lecture)**

- A. Puberty
- B. Health
- C. Cognitive Development
- D. Moral Development
- E. Identity Development
- F. Social Relationships
- G. Sexuality

### **VI. Early Adulthood (6 hours, lecture)**

- A. Physical Functioning
- B. Sexuality and Reproduction
- C. Cognitive Development
- D. Marriage, Divorce, and Remarriage
- E. Alternative Lifestyles

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|                                                                              | <p>F. Parenthood</p> <p><b>VII. Middle Adulthood (6 hours, lecture)</b></p> <p>A. Physical Functioning</p> <p>B. Reproductive Change and Sexuality</p> <p>C. Intelligence</p> <p>D. Working</p> <p>E. Marriage and Divorce</p> <p><b>VIII. Late Adulthood (6 hours, lecture)</b></p> <p>A. Physical Functioning</p> <p>B. Health Behaviors</p> <p>C. Mental Health</p> <p>D. Relationships with Family and Friends</p> <p><b>IX. Dying, Death, and Bereavement (3 hours, lecture)</b></p> <p>A. Attitudes Toward Death</p> <p>B. Caring for the Dying</p> <p>C. Bereavement</p> |
| <b>Total Lecture Hours:</b>                                                  | 54                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Total Laboratory Hours:</b>                                               | 0                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Total Hours:</b>                                                          | 54                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>A.1. Primary Methods of Evaluation (Part 1 - CCN courses only):</b>       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>A.2. Primary Method of Evaluation (Part 2 - all courses; choose one):</b> | 1) Substantial writing assignments                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Typical Assignment Using Primary Method of Evaluation:</b>                | Observe children and their parents interacting together in their own homes or at a playground, a mall, or a community event. (Ensure that you can remain unobtrusive.) In a three-page paper, record the interactions as well as the independent behaviors of the child for a specific period of time. In addition, analyze these behaviors in terms of one theory of development presented in class.                                                                                                                                                                           |

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| <b>Critical Thinking Assignment 1:</b>                                            | <p>Review current issues of popular magazines for five articles relating to the physical and cognitive development of the infant. Analyze and answer the following questions for each article:</p> <ol style="list-style-type: none"> <li>1. Did you find that the article supported and added to the material from the text?</li> <li>2. Did you find that the article contradicted the text? If so, in what areas did the article contradict the text?</li> <li>3. Is the article reporting information discovered or developed since the text was published?</li> <li>4. Is the article based on inadequate research?</li> </ol>                                                                                                                                                                       |
| <b>Critical Thinking Assignment 2:</b>                                            | <p>Adult thinking differs significantly from thinking in adolescence. Analyze one problem you are currently facing that is relatively complex, something that you are having difficulty deciding. Record your problem and answer the following questions:</p> <ol style="list-style-type: none"> <li>1. What aspects of your problem require you to engage in formal operational thought?</li> <li>2. What aspects can be identified as post-formal thinking?</li> <li>3. Where would this problem fit in Schaie's theory?</li> <li>4. Where in Kohlberg's hierarchy would you place the projected solutions to your problem? Where in Gilligan's stages?</li> <li>5. If you lived in a different culture, how would you approach your problem? How might the culture influence your solution?</li> </ol> |
| <b>Other Evaluation Methods:</b>                                                  | Completion, Essay Exams, Matching Items, Multiple Choice, Objective Exam, Reading Reports, Term or Other Papers, True/False, Written Homework                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Instructional Methods:</b>                                                     | Lecture, Multimedia presentations                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>If other:</b>                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Work Outside of Class:</b>                                                     | Answer questions, Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting), Problem solving activity, Required reading, Study, Written work (such as essay/composition/report/analysis/research)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>If Other:</b>                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Up-To-Date Representative Texts:</b>                                           | Kathleen Berger. Invitation to the Lifespan. 6th ed. Macmillan, 2025.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Alternative Texts:</b>                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Required Supplementary Readings:</b>                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Other Required Materials:</b>                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Requisite:</b>                                                                 | Prerequisite                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Category:</b>                                                                  | sequential                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Requisite course(s): List both prerequisites and corequisites in this box.</b> | <p>Psychology C1000</p> <p>Psychology C1000H</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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| <p><b>Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).</b></p> | <p><b>Knowledge of the steps of the scientific method.</b></p> <p>PSYC C1000 - Outline the steps of the scientific method, identify common research methods, and discuss ethical considerations of psychological research.</p> <p>PSYC C1000H - Outline the steps of the scientific method, identify common research methods, and discuss ethical considerations of psychological research.</p> <p><b>Knowledge of basic brain functions.</b></p> <p>PSYC C1000 - Explain the basics of genetics and assess the combined influence of genes and environment on a variety of human characteristics.</p> <p>PSYC C1000 - Differentiate between sensation and perception and identify the processes by which organisms recognize, organize, and make sense of stimuli in their environment.</p> <p>PSYC C1000H - Explain the basics of genetics and assess the combined influence of genes and environment on a variety of human characteristics.</p> <p>PSYC C1000H - Differentiate between sensation and perception and identify the processes by which organisms recognize, organize, and make sense of stimuli in their environment.</p> <p><b>Knowledge of human cognition.</b></p> <p>PSYC C1000 - Examine human cognition, focusing on memory, intelligence, and language, as well as the common errors of human thought processes.</p> <p>PSYC C1000 - Describe the forces that motivate human behavior, such as instincts, drives, and needs.</p> <p>PSYC C1000H - Examine human cognition, focusing on memory, intelligence, and language, as well as the common errors of human thought processes.</p> <p>PSYC C1000H - Describe the forces that motivate human behavior, such as instincts, drives, and needs.</p> <p><b>Knowledge of personality theories.</b></p> <p>PSYC C1000 - Compare and contrast the major theories of personality and describe and explain methods of assessing personality.</p> <p>PSYC C1000H - Compare and contrast the major theories of personality and describe and explain methods of assessing personality.</p> |
| <p><b>Requisite Skill:</b></p>                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable</b></p>                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Requisite course:</b></p>                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Requisite and Matching skill(s):Bold the requisite skill. List</b></p>                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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| <b>the corresponding course objective under each skill(s).</b>                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Requisite Skill:</b>                                                                                                                            | Eligibility for ENGL C1000                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable</b> | <p><b>This course involves reading college level textbooks, developing projects, and answering essay questions. A student's success in this class will be enhanced if they have these skills.</b></p> <p>Summarize, analyze, evaluate, and synthesize college-level texts.</p> <p>Write a well-reasoned, well-supported expository essay that demonstrates application of the academic writing process.</p> |
| <b>Enrollment Limitations and Category:</b>                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Enrollment Limitations Impact:</b>                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Course Created by:</b>                                                                                                                          | Michael Wynne and Edward McCrary                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Date:</b>                                                                                                                                       | 09/01/2000                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Original Board Approval Date:</b>                                                                                                               | 01/16/2001                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Last Reviewed and/or Revised by:</b>                                                                                                            | Amy Himsel                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Date:</b>                                                                                                                                       | 09/20/2025                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Last Board Approval Date:</b>                                                                                                                   | 12/16/2025                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Effective Term:</b>                                                                                                                             | FA 2026                                                                                                                                                                                                                                                                                                                                                                                                     |