CAP Course Outline Recommendations
Child Growth and Development (Revised August 2021)

Course Description:
Examines the progression of development in the physical, cognitive, social, and emotional
domains and identifies developmental milestones for children from conception through
adolescence. Emphasis on interactions between biological processes and environmental
factors. Students will observe children, evaluate individual differences, and analyze
characteristics of development at various stages according to developmental theories.

Student Learning Outcomes:
1. Explain children’s development from conception through adolescence in the physical, social,
   emotional, and cognitive domains.
2. Identify cultural, economic, political, and historical contexts that impact children’s
development.
3. Apply knowledge of development and major theoretical frameworks to child observations.

Objectives:
1. Summarize major theories of child development.
2. Describe the impact of multiple factors on development and wellbeing, including those
   related to biology, environment, and social interactions.
3. Identify the typical progression of development across all domains.
4. Differentiate between characteristics of typical and atypical development.
5. Apply objective and ethical techniques and skills when observing, interviewing, describing,
   and evaluating behavior in children.

Course Content and Topics:
1. Current and Historical Theories of Child Development and Learning
2. Influences on Development
   a. Biological factors
      i. Heredity and genetics
      ii. Maturation
   b. Environmental influences
   c. Supporting optimal development in school and at home
   d. Contexts of development
      i. Cultural
      ii. Socio-Economic
      iii. Historical perspectives
      iv. Societal
   e. Other influences including but not limited to
      i. Family and parenting styles
      ii. Schools and teachers
      iii. Community support and resources
iv. Socio-political climate

3. Typical and Atypical Development in Infancy, Toddlerhood, Early Childhood, Middle Childhood, and Adolescence in the Domains of:
   a. Conception, prenatal development, and birth
      i. Influences on healthy development and birth
      ii. Cultural variations
      iii. Parenting a newborn
   b. Physical
      i. Growth and health
      ii. Brain development
      iii. Fine and gross motor
      iv. Gender and sexuality
   c. Cognitive
      i. Learning
      ii. Memory
      iii. Processing skills
      iv. Moral development
      v. Learning disabilities
      vi. Language
      vii. First and dual language development
      viii. Literacy development
   d. Socioemotional
      i. Temperament
      ii. Attachment
      iii. Relationships
         1. Peers and Friendships
         2. Families
      iv. Self-Concept
      v. Self-Esteem
      vi. Self-Regulation
      vii. Impact of guidance and discipline

4. Risk Factors Including but Not Limited to:
   a. Forms of abuse and neglect
   b. Trauma
   c. Housing and food insecurity
   d. Substance abuse and addictions
   e. Mental health

5. Observing Children
   a. Methodology
   b. Objective and subjective reporting
   c. Ethical considerations