

HSC101.8 Human Lifespan Development

Name of Unit 1 (Unit Code 1)

Human Lifespan Development (HSC101.8)

SECTION 1 – GENERAL INFORMATION

1.1 Administrative details

Associated higher education awards	Duration	Level	Unit Coordinator
Graduate Certificate Graduate Diploma Masters	One semester	Introductory	Dr Cate Howell

1.2 Core or elective unit

Indicate if the unit is a

- core unit
- elective unit
- other (please specify below):

Elective: Graduate Certificate in Counselling

Core: Graduate Diploma in Counselling and Master of Counselling Practice
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1.3 Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

Unit credit points	Total course credit points
6	24 / 48 / 96

1.4 Student workload

Using the table below, indicate the expected student workload per week for this unit.

No. timetabled hours per week*	No. personal study hours per week**	Total workload hours per week***
3	7	10

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: 0 hours per week

1.5 Delivery mode

Tick all applicable delivery modes for the unit:

- Face to face on site
- e-learning (online)
- Intensive (provide details)

See Delivery Modes Policy.

- Block release (provide details)

- Work-integrated learning activity
- Mixed/blended
- Distance/independent learning (untimetabled)
- Full-time
- Part-time
- External
- Fast track (provide details)

- Other (please specify)

1.6 Pre-requisites and co-requisites

Are students required to have undertaken a prerequisite or co-requisite unit for this unit?

- Yes
- No

If YES, provide details of the prerequisite or co-requisite requirements below.

1.7 Other resource requirements

Do students require access to specialist facilities and/or equipment for this unit (for example, special computer access, physical education equipment)?

- Yes
- No

If YES, provide details of specialist facilities and/or equipment below.

SECTION 2 – ACADEMIC DETAILS

2.1 Unit Descriptor

Provide below a brief unit description, which includes a summary of the key content of the unit.

The premise of this unit is the examination of the fundamental question of why and how humans develop. It introduces students to the developmental processes and tasks that an individual is expected to accomplish over the lifespan from conception to death and provides theoretical and empirical foundations to facilitate critical interpretation of developmental information. Adopting a biopsychosocial perspective that encompasses multicultural factors, this topic will equip students with a deeper understanding of and appreciation for the human condition as well as vital knowledge applicable their professional quest to enable flourishing.

2.2 Learning Outcomes for the Unit

Learning outcomes for unit:
1. Identify the physiological, psychological, social, and spiritual developmental milestones across the lifespan, from prenatal to death
2. Evaluate various theoretical approaches to human development and their application in counselling practice
3. Synthesise theories of development and considerations of cultural variations to formulate hypotheses around developmental problems encountered in counselling practice
4. Recommend suitable evidence-based strategies that help individuals transition through developmental difficulties

Assessment tasks			
Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Tutorial Participation Students critically explore a topic within a group, and prepare a presentation for the class. Individual students are required to review 3 peer presentations and consider professional application to counselling contexts. Equivalent to 2250 words	1, 2, & 3	Week 6, 8, or 10	35%

Assessment tasks			
Type *	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Progress Tests Students will be required to complete five multiple-choice tests which will reflect themes and theories from the week's topic. Equivalent to 750 words	1, 2, 3, 4	Week 2, 5, 8, 10, 13	15%
Major Paper Write an evidence-based report on a problem related to human development exercising initiative and creativity in the application of theory. Demonstrate a well-developed sense of judgement in identifying strategies relevant to the issue. 2000 words	3, 4	Week 11	35%
Personal Application Reflection Equivalent to 500 words	1, 2 & 4	Week 13	15%

2.3 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

Required Textbook

Kail, R. V., & Cavanaugh, J. C. (2017). *Essentials of human development: A life-span view* (2nd ed.). Cengage Learning.

Recommended Reference List

Allen, K., & Marotz, L. (2022). *Developmental profiles: Prebirth through adolescence* (9th ed.). Cengage.

Berk, L. E. (2018). *Development through the lifespan* (7th ed.). Pearson.

Burman, E. (2016). *Deconstructing developmental psychology* (3rd ed.). Routledge.

Davies, D., Troy, M. F. (2020). *Child development: A practitioner's guide* (4th ed.). Guilford Press.

Fine, C. (2011). *Delusions of gender: The real science behind sex differences*. Icon Books.

Greenfield, S. (2005). *The private life of the brain*. John Wiley & Sons.

Kagitçibasi, C. (2017). *Family, self, and human development across cultures* (2nd ed.). Taylor and Francis.

Keller, H. (2007). *Cultures of infancy*. Lawrence Erlbaum Associates.

Peterson, C. (2013). *Looking forward through the lifespan* (6th ed.). Pearson.

Weiten, W. (2020). *Psychology: Themes & variations* (9th ed.). Wadsworth.

Recommended journals:

Christian Counseling Today

Journal of Psychology and Christianity

Journal of Psychology and Theology

Psychotherapy in Australia