

SUBJECT NAME: Human Growth and Development

SUBJECT DESCRIPTION

This subject covers the basic principles and practices related to human growth and motor development through the lifespan. The course provides an understanding of how the physiology of human growth, development, and aging are influenced by diet, environment, exercise and disease, from prenatal development through middle and advanced age. The subject will address factors that influence physical, motor, social and cognitive growth and development, and how this knowledge can be utilized to enhance client care in an evidence-informed practice environment.

CONTENT COVERED

- Fundamental concepts in human growth and development
- Theoretical perspectives in motor development
- Physical growth, maturation, aging, and physiological decline with advanced age
- Development and maturation of muscles and bones
- Development and aging of integumentary, adipose, endocrine and nervous system/tissues
- Early motor development
- Human locomotion and skill development
- Evidence-based research and principles
- Principle of childhood development in health and disease
- Development of sensory perception and age-related decline
- Societal, cultural and psychological influences, and constraints in motor development

KEY PERFORMANCE INDICATORS (KPIs)

1. Understands the principles of motor development across the lifespan.
2. Practically applies motor development knowledge.
3. Critically analyzes research and theory in motor development for validity and reliability.
4. Understands and applies skill and movement acquisition knowledge related to developmental milestones.
5. Explains the effects of neuromuscular disease on motor behaviour.
6. Explains the process of modification and re-acquisition of motor skills related to the environment, health, condition, and performance.
7. Understands and effectively communicates with clients and health professionals using common human growth and development terminology verbally, and in writing, in professional practice settings.
8. Utilize knowledge of motor learning theory and skill acquisition in professional practice.