

Subject	Growth and Development			
Type	Type	Semester	ECTS	
	MANDATORY (M)	2	4	
Lecturer	Dr.Sami Sermahaj			
Aims and Objectives	<p>This interdisciplinary course aims to provide students with a comprehensive understanding of the processes, stages, and factors influencing human growth and development from conception through maturity. The course explores the biological, environmental, and socio-cultural factors shaping human development. Additionally, it emphasizes the interaction between genetic predispositions and environmental stimuli, such as nutrition, physical activity, and socio-economic conditions. The course also focuses on the importance of physical activity in promoting healthy development at various life stages.</p>			
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> • Understand the main aspects and stages of human growth and development, from birth to maturity. • Analyze the physical, mental, and emotional changes associated with various developmental stages, including adolescence and puberty. • Identify the impact of genetic, prenatal, maternal, and environmental factors on human growth and development. • Understand the socio-economic, cultural, and environmental influences on growth and development. • Recognize the role of physical activity and nutrition in healthy human development. • Assess human growth through various measurement techniques, including maturation and body composition analysis. • Differentiate the developmental needs, potentials, and counter-indications specific to each stage of life. 			
Content	Week	Topics		
	Syllabus presentation			
	1	Introduction to Human Growth and Development		
	2	Growth During the Prenatal Period		
	3	Infancy and Childhood Development		
	4	Puberty and Sex Differences		
	5	Endocrine Control of Growth		
	6	Nutrition and Growth		
	Mid-term exam – 1			
	7	Genetic and Prenatal Influences		
	8	Environmental and Socio-Economic Factors		
	9	Measurement of During Growth: Techniques and Standards (Body Composition)		
	10	Physical Activity and Its Role in Growth		
	11	Health in Human Development		
12	Final Review and Exam Preparation			
Mid-term exam – 2				
Teaching/Learning Methods	Activity	Weight (%)		
	Lectures	50%		
	Lab	20%		
	Research	10%		
	Independent learning	40%		
Assessment Methods	Methods of assessment:	%		
	Participation	10%		
	a) Mid-term exam -1	30%		
	b) Mid-term exam - 2	30%		
	Home work	30%		
ECTS Workload	Activity	Weekly hours	Workload	

	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	<ul style="list-style-type: none"> • Cameron, N., & Schell, L. (2021). <i>Human Growth and Development</i>. Academic Press. • Paris, J., Ricardo, A., Rymond, D., & Johnson, A. (2019). <i>Child Growth and Development</i>. College of Canyons. • Cameron, N., & Bogin, B. (2012). <i>Human Growth and Development</i>. Elsevier Science. • Taylor, M. (2016). <i>Human Growth and Development: Custom eBook</i>. Human Kinetics. • Additional relevant scientific publications will be made available through the Moodle platform. 		
Ethical standards	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.</p>		
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