

Lesson 10: Voyage Through Lifespan

Associated with **Developmental Psychology**

Developmental Psychology – a study from **womb to tomb**, from **infancy to old age**

Prenatal development – is one of the **most important developments of an individual** (babies, inside the mother's womb). **Maturational milestone**.

Three periods of Prenatal development:

- **Germinal period** – **two weeks after conception**, a **union** of sperm and egg cell, results in fertilization, the fertilized egg (**zygote**). *Conception up to two weeks (14 days)*

Process:

1. **Ovulation** – **egg cell** from the ovary **enters the fallopian tube** (9-16 days of the menstrual cycle)
2. **Fertilization** – the **union of sperm and egg cell**, usually takes place in the upper third of the tube (24 hours after ovulation).
3. **Unity** – **sperm and egg material unite** (24-30 hours after fertilization).
4. **Division** – **egg cell divides** for the first time
5. 2 cells (36 hours after fertilization)
6. 4 cells (48 hours after fertilization)
7. A cluster of 16-32 cells (3 days)
8. A hollow ball of about 100 cells (4 days)
9. Zygote enters the uterus (4-5 days) – conceived of baby
10. Zygote begins to attach the wall of the uterus (6-7 days)
11. Zygote completely implanted in the uterine wall (12-14 days)

- **Embryonic period** – 2 – 8 weeks after conception, changes in form and organs of the baby

Process:

1. **Week 3** – **layers emerged** (ectoderm, mesoderm, endoderm), zygote to embryo.
 2. **Week 4** – **development of layers**, **mesoderm** (tiny heart), **endoderm** (gastrointestinal tract and lungs), **body organs**
 3. **Week 5** – **guts, mouth, throat** (take shape), **arms and legs** (buds starting point of the development of arms and legs of the baby), **heartbeats**, **divisions of the brain** (development of forebrain, midbrain, and hindbrain)
 4. **Weeks 6-7** – **heart** (divides into 4 chambers), **fingers**, visibility of **facial features** (not that visible)
 5. **Week 8** – most structures and organs are present, **sex of the baby**, embryo assumes a more human appearance, end of week 8 = beginning of the fetal period
- **Fetal period** – **longest and last period**, human-like appearance, a more complex period

Process:

1. **Week 9** – **embryo becomes a fetus** (genitals are visible), opens and close the mouth, and turns head
2. **Weeks 10-12** – **fingers** are visible and clearly formed, **kicking** (not too recognizable for the mother)
3. **Weeks 13-16** – heartbeats are audible to the **stethoscope**, and **fetal movements** are now visible to the mothers.
4. **Weeks 17-22** – fingernails and toenails, hair, teeth, buds, and eyelashes grew, brain development is phenomenal and **brain waves are detected**.
5. **Weeks 23-25** – **week of viability**, big chance that the baby will **survive** outside the womb.
6. **Weeks 26-32** – mothers experience the **baby's weight**, the brain grows, and the **nervous system** develops and became organized.
7. **Weeks 33-38** – **last 6 weeks** of a full-term pregnancy, further weight gain, and further brain activity, lungs mature, expand and contract.

Childhood: Physical Development (0-18 months)

Newborn reflexes – **involuntary movements**, muscle reactions, and neurological responses (Babinski, Blink, Moro, Palmar, Rooting, Stepping, Sucking)

- **Babinski** – **baby's toe fans out** when stroked (8-12m)
- **Blink** – **protect eyes**, from loud noise or bright light (Permanent)
- **Moro** – baby throws its **arms** (6m)
- **Palmar** – baby **grasps an object** (3-4m)
- **Rooting** – baby's **cheek is stroked**, simosundan (3-4w)
- **Stepping** – **voluntary walking**, not innate
- **Sucking** – **thumb sucking** (oral activities)

Locomotor Skills

1. Fetal posture
2. Chin up
3. Chest up
4. Reach and miss
5. Sit with support
6. Sit on lap; grasp object
7. Sit on high chair; grasp dangling object
8. Sit alone
9. Stand with help
10. Stand holding furniture
11. Creep
12. Pull to stand by furniture
13. Climb stair steps
14. Stand alone
15. Walking alone

Childhood: Physical Development

Perceptual development – development of **sight**

Voyage Through The Lifespan Study Guide

Spencer A. Rathus



Voyage Through The Lifespan Study Guide:

le-Psych Conc/Conn Spencer A. Rathus, 2003-07 PSYCHOLOGY CONCEPTS AND CONNECTIONS BRIEF VERSION will help your students make the connections between key concepts in psychology and the connections between those concepts and their own lives Spencer Rathus's warm and engaging writing style explains the fundamentals in ways that students can understand and then goes a step further to show how those fundamentals relate to students' daily lives Rathus's commitment to helping students learn goes beyond the text narrative and is reflected in the text's proven active learning system PQ4R Preview Question Read Reflect Review and Recite This system is seamlessly integrated into the book's companion Connections CD ROM the Book Companion Web Site and the Study Guide all of which are FREE with every new copy of the text New Learning Connections and Life Connections sections in the text also include icons that cue students to interactive content on the Connections CD ROM and the Book Companion Web Site This seamless integration of text and technology enhances the active learning system PQ4R in the text and gives students multiple ways to connect with the text's current research and relevant applications In this edition Rathus invites students to learn about the latest in evolutionary psychology biology diversity and gender issues in psychology in a text that is concise yet thorough **Psychology** Spencer A.

Rathus, Lisa Valentino, 2003 By Lisa Valentino Seminole Community College This student tool offers everything a student needs to get that desired A for the course Aligned with the PQ4R learning model found in the main text the Study Guide opens with a Preview section that encourages students to note initial impressions of chapter material what surprised them what they're curious about and specific queries they have The Question section poses the learning objectives in an outline format and serves as the foundation for the next sections Reading for Understanding and Reflection Breaks include cross relational activities such as matching and critical thinking exercises which build on material just covered Expand pulls it all together in applied exercises such as research writing and Web activities that expand on the learning connections and life connections themes of the text **Psychological and Behavioral Determinants of Physical Activity Participation**

Across the Lifespan Giancarlo Condello, Cristina Cortis, Antonio Tessitore, Michael Chia, 2022-05-31 **Thinking Through the Test** D. J. Henry, Mimi Markus, 2006-02-23 *Physical Activity Across the Lifespan* Aleta L. Meyer, Thomas P.

Gullotta, 2012-06-15 The statistics are disturbing steadily rising numbers of sedentary overweight children and obese teens and a generation looking at a shorter life expectancy than their parents But while it may be obvious that physical fitness benefits both the mind and body a growing research base is supplying evidence of why this is so and how these benefits may be reproduced in greater numbers Physical Activity Across the Lifespan makes a clear scientific case for exercise sports and an active lifestyle in preventing illness and establishing lifetime health habits at both the individual and the population levels The book focuses on key aspects of physical mental well being weight mood and self regulation and the role of physical activity in public health and school based interventions targeting these areas Contributors review definitional and

measurement issues salient to understanding what physical activity is to analyzing benefits of participation and to implementing effective interventions Also addressed are limitations of current research steps needed to continue building the field and emerging therapeutic possibilities for activity such as the role of rough and tumble play in preventing ADHD Included in the coverage Physical activity cognition and school performance The influence of social and built environments on physical activity in middle aged and older adults Preventing and treating obesity through physical activity Physical activity in preventing drug use and treating chemical dependence Antidepressant properties of physical activity Schools as a foundation for physical activity and an active lifestyle Physical activity as an adjunct or booster to existing interventions Physical Activity Across the Lifespan is an innovative text for researchers and practitioners in various disciplines including health promotion disease prevention child and school psychology education health psychology and public health as well as program developers and policymakers in these areas

Thinking Through the Test A Study Guide for the Florida College Basic Skills Exit Tests Dorothy Jean Henry,Mimi Markus,2004-08-02 **Tb-Psych Concept/Connect** Spencer A. Rathus,2003-07 **Adventure Sport Physiology** Nick Draper,Christopher Hodgson,2008-11-20

the most comprehensive adventure sport physiology book I am aware of therefore I recommend it wholeheartedly The Sport and Exercise Scientist March 2009 This book provides students and professionals with a well written accessible introduction to the science underlying a variety of adventure sports Written specifically for this increasingly popular field of study the text has been divided into two parts the first provides the foundations for adventure physiology the second the specific physiological and environmental demands of a range of adventure sports including kayaking canoeing sailing windsurfing climbing mountaineering and skiing Written by two adventure sports performers with extensive teaching and coaching experience this book will prove invaluable to students taking courses in adventure and outdoor education and professional instructors involved in such activities In addition students of sport and exercise science and physical education will find this an excellent introduction to the physiological response to exercise Clearly explains the basic physiological principles and applies them to a variety of land and water based sports In full colour throughout the book includes numerous illustrations together with key points and chapter summaries to reinforce learning Contains original pieces from elite and high level athletes describing the physiological demands of their particular sport in a real world context These include London sports personality of the year Anna Hemmings respected climbers Dave Macleod and Neil Gresham and Olympic medallists Tim Brabants and Ben Ainslie Dedicated web site contains an original sample training programme and a set of adventure sport specific exercises **Grief and Loss Across the Lifespan, Second Edition** Judith L. M. McCoyd,Carolyn Ambler Walter,2015-09-11 The book addresses grieving patterns and intervention strategies according to the life trajectory and provides clinical intervention tools and strategies for coping according to the developmental stage of an individual It incorporates losses beyond death loss with special focus on losses related to maturational development The second edition reflects new research that has clarified

and underscored the value of theories examined in the first edition particularly in the areas of continued bonds disenfranchised grief and ambiguous grief It describes how grieving is influenced by biological responses to stress psychological responses to loss and social norms and support networks publisher Essentials of Community-based Nursing Karen Saucier Lundy, Sharyn Janes, 2003 A unique text designed specifically for use throughout the associate degree nursing ADN curriculum this volume provides students with a solid foundation for administering nursing care in the community It provide s an overview of the health care system an introduction to the epidemiology of health and illness and an exploration of the factors that influence the health and care of individuals and families living in the community Back cover Resources in Education ,1998 Human Growth and Development Across the Lifespan David Capuzzi, Mark D. Stauffer, 2016-02-29 A practically focused guide to effective counseling of all clients Human Development Across the Life Span is a practical guide to human growth and development moving beyond theory to include real world applications for counselors who work with clients Written by recognized authorities in mental health counseling and counselor education this book is fully aligned with the American Counseling Association s accreditation standards and includes contributions by well known and respected academics and practitioners Based on an extensive review of course syllabi across CACREP accredited programs this book is organized to follow the way courses are typically taught and follows a consistent structure including pedagogical elements that help students learn After a thorough examination of essential concepts and theories of life span development the book moves through each stage of human growth and development to provide expert insight short case studies and practical applications to counseling The full Instructor s package provides a useful set of tools including a Respondus test bank PowerPoint slides and an Instructor s Manual This book is the only text on human growth and development that emphasizes the key implications and applications for counselors providing useful information and the insights of real experts in each subject area Understand the developmental milestones at each life stage Appreciate clients perspectives to better facilitate appropriate interventions Work more effectively with clients of any age from toddlers to seniors Tailor your approach to meet the unique needs and abilities of each life stage As a counselor you cannot approach a child s therapy the same way you approach an adult s Even within each major category each developmental stage includes a nuanced set of characteristics that considered appropriately will inform a more effective treatment plan Human Development Across the Life Span is a comprehensive guide to understanding all of your clients and providing the type of counseling that facilitates more positive outcomes **Handbook of Personality Development** Dan P. McAdams, Rebecca L. Shiner, Jennifer L. Tackett, 2021-04-02 Bringing together prominent scholars this authoritative volume considers the development of personality at multiple levels from the neuroscience of dispositional traits to the cultural shaping of life stories Illustrated with case studies and concrete examples the Handbook integrates areas of research that have often remained disparate It offers a lifespan perspective on the many factors that influence each individual s psychological makeup and examines the interface of personality

development with health psychopathology relationships and the family Contributors provide broad based up to date reviews of theories empirical findings methodological innovations and emerging trends See also the authored volume *The Art and Science of Personality Development* by Dan P McAdams *Peak Experiences* Ian Marshall,2003 In *Peak Experiences* Marshall sets out on a far more personal and far reaching journey to discover how our modern estrangement from the natural world has affected our mental well being Psychology Catalog 2005 Neil Thomson,2004-09 Health Promotion Throughout the Lifespan Carole Edelman,Carol Lynn Mandle,2006 This comprehensive text provides the most current and accurate health promotion and disease prevention information available The book addresses health promotion for all ages and all population groups individuals families and communities It includes extensive coverage of growth and development throughout the life span with an emphasis on normal development as well as the specific problems and health promotion issues common to each stage A complete unit is devoted to health promotion interventions It also offers a unique assessment framework based on Gordon s Functional Health Patterns to provide consistency in presentation and an approach in line with the promotion of health Extensive coverage of growth and development throughout all stages of the life span A unit on specific interventions for health promotion Addresses health promotion for all population groups individual family and the community Incorporates Case Studies that depict actual clinical situations to give students a real life perspective Innovative Practice examples highlight unique and creative health promotion programs Summarizes specific clinical interventions in Health Teaching boxes to provide students with how to nursing actions Think About It clinical scenarios provide critical thinking questions to help readers grasp important concepts Multicultural Awareness boxes present cultural perspectives important to care planning Introduces significant issues trends and controversies in health promotion through Hot Topics boxes to engage students in critical discussion and debate about these topics Research Highlights emphasize current research efforts and research opportunities in health promotion A new Study Questions section with answers and rationales helps you review and assess your understanding of chapter content Care Plans are presented in a consistent format Nursing Diagnosis Defining Characteristics Related Factors Expected Outcomes and Interventions Healthy People 2010 boxes highlight current national health promotion priorities A new full color design helps to highlight important features and content A new companion Evolve website offers case studies with questions and answers WebLinks content updates and a Glossary with search capability to enhance your learning experience **Community Health Nursing** Karen Saucier Lundy,Sharyn Janes,2014-12-02 Preceded by *Community health nursing* Karen Saucier Lundy Sharyn Janes 2nd ed c2009

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fun to use not a heavy text but brimming with up to date ideas and practical hints The text promotes nurses as knowledge workers life long learners able to access and broker pertinent information efficiently and effectively Geared more towards nurses as users of research rather than does the text is nevertheless steeped in the premise that nurses do conduct research and lots of it and that evidence based practice underpins success Organised in three sections that address what is nursing knowledge how is research conducted and how it is applied in practice this 2nd edition features contributions from prominent nurse academics with vast research experience Cornerstone chapters such as Getting the most out of the library and Surfing the internet are retained and revised and important new chapters include Mixed methods research and What the future holds for nursing research Student challenges and information about differing agencies and web site addresses are updated and the Evolve website expanded to accommodate student activities test banks and quizzes on the one interactive facility Updated information about agencies web site addresses and student challenges Increased focus on Australian and New Zealand examples highlighting the work of local nursing scholars Tips for International Students integrated throughout Did you know question at the beginning of each chapter encourages quizzical and critical thinking Extensive pedagogy facilitates readability and includes learning objectives student quotes key terms chapter abstracts Evolve icons resource kits and references in each chapter

The Science and Technology of Growing Young, Updated Edition Sergey Young, 2024-09-24 Wall Street Journal USA Today and Publishers Weekly bestseller 2021 Nautilus Book Award Silver Medal Winner Aging Consciously Category The prospect of living to 200 years old isn't science fiction anymore A leader in the emerging field of longevity offers his perspective on what cutting edge breakthroughs are on the horizon as well as the practical steps we can take now to live healthily to 100 and beyond In *The Science and Technology of Growing Young* industry investor and insider Sergey Young demystifies the longevity landscape cutting through the hype and showing readers what they can do now to live better for longer and offering a look into the exciting possibilities that await us By viewing aging as a condition that can be cured we can dramatically revolutionize the field of longevity and make it accessible for everyone Join Sergey as he gathers insights from world leading health entrepreneurs scientists doctors and inventors providing a comprehensive look into the future of longevity in two horizons The Near Horizon of Longevity identifies the technological developments that will allow us to live to 150 some of which are already in use from AI based diagnostics to gene editing and organ regeneration The Far Horizon of Longevity offers a tour of the future of age reversal and the exciting technologies that will allow us to live healthily to 200 from Internet of Bodies to digital avatars to AI brain integration In a bonus chapter Sergey also showcases 10 longevity choices that we already know and can easily implement to live to 100 distilling the science behind diet exercise sleep mental health and our environments into attainable habits and lifestyle hacks that anyone can adopt to vastly improve their lives and workplaces Combining practical advice with an incredible overview of the brave new world to come *The Science and Technology of Growing Young* redefines what it means to be human and to

grow young Sibling Loss Across the Lifespan Brenda J. Marshall, Howard R. Winokuer, 2016-10-04 Sibling Loss Across the Lifespan brings together researchers clinicians and bereaved siblings to explore sibling loss Unique in both form and content the book focuses on loss within five key age ranges childhood adolescence emerging adulthood adulthood and late adulthood and losses within a special topics section that addresses areas of interest across multiple age groups In addition to chapters from researchers and clinicians the book includes personal stories from bereaved siblings who describe the lived experience of this loss

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