

<b>POLI</b> ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO <b>TÉCNICO</b> <b>GUARDA</b>	<b>SUBJECT DESCRIPTION</b>	<b>MODELO</b> PED.007.03
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Course	Social Gerontological Education						
Subject	Developmental Psychology of the Adult and the Elderly						
Academic year	2023/2024	Year	1st	Period	1st Semester	Credits	6
Type of subject	Opcional	Student Workload (hours)			Total: 150	Contact: 75	
Professor(s)	Maria Miguel Barbosa da Costa						
<input type="checkbox"/> Responsible <input checked="" type="checkbox"/> Coordinator <input type="checkbox"/> UC or Disciplinary Group Director		Filomena Velho					

## PLANNED SUBJECT DESCRIPTION

### 1. LEARNING GOALS

The goals of this curricular unit are:

- I. To know, understand and operationalize the concepts relating to human development from a life cycle perspective;
- II. To reflect on the most common theories of developmental psychology;
- III. To Understand the fundamental stages of biopsychosocial development and the factors that influence them;
- IV. To know the psychological specificities of the adult and the elderly;
- V. To develop personal values and skills in socio-educational assessment and intervention with older people.

### 2. SYLLABUS CONTENTS

1. Introductory topics on human development and ageing: concepts, factors and theoretical perspectives.

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2. *Development throughout the life cycle: phases, processes, changes, adaptations and main biopsychosocial characteristics.*
3. *Normative and pathological ageing.*
4. *Social cognition, stereotypes and psychosocial implications related to ageing.*
5. *Well-being through ageing.*

### 3. DEMONSTRATION OF THE CONSISTENCY OF THE SYLLABUS WITH THE COURSE UNIT'S GOALS

*The syllabus for this course unit is coherent with its goals, as it allows for the identification and understanding of the topics to be covered and the establishment of a link between theory and practice.*

*The contents aim to provide a proper framework for the study of Human Development, specifying the characteristics of the Adult and the Elderly in accordance with the approach of the main models and theories.*

*The study of developmental processes in these stages of the life span includes the analysis of physical, psychological and social phases, processes and adaptations.*

### 4. MAIN BIBLIOGRAPHY

*Cavanaugh, J. C. & Blanchard-Fields, F. (2014). Adult Development and Aging (7th Ed.). Belmont, CA: Wadsworth.*

*Papalia, D. E. & Feldman, R. D. (2013). Desenvolvimento humano (12ª ed.). Porto alegre: Artmed.*

*Argimon, I.I.L. (2006). Aspectos Cognitivos em Idosos. in Avaliação Psicológica , vol.5, nº2, pp. 243-245*

*Correia, J. Martins (2003). Introdução à Gerontologia. Lisboa: Universidade Aberta*

*Oliveira, José H. B. (2008). Psicologia do Envelhecimento e do Idoso. Porto: Legis Editora /Livpsic*

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*Osório, A.R. e Pinto, F. C. (Coord.). (2007). As Pessoas Idosas. Contexto Social e Intervenção Educativa. Lisboa: Instituto Piaget*

*Sequeira, C. (2010). Cuidar de Idosos com Dependência Física e Mental. Lisboa: Lidel-edições técnicas, Lda.*

*Tavares, J.; Pereira, A.; Gomes, A.; Monteiro, S.; Gomes, Alexandra (2007). Manual de Psicologia do Desenvolvimento e Aprendizagem. Porto: Porto Editora*

## 5. TEACHING METHODOLOGIES (EVALUATION PROCEDURES)

*Combined methodology, i.e. expository, using audiovisual aids and supporting texts, and active student participation through discussion of topics, critical analysis of texts and individual and/or group tasks.*

*Students can choose between Continuous Assessment and Exam Assessment.*

*Continuous Assessment of the learning process will consist of two tests.*

*Assessment:*

- Test (50%)
- Group work (25%) with presentation (10%)
- Class project (15%)

## 6. DEMONSTRATION OF THE CONSISTENCY OF THE TEACHING METHODOLOGIES WITH THE UNIT'S COURSE GOALS

*Achieving these goals involves lecturing on scientific content which will be reinforced through consultation, interpretation and analysis of specific literature and critical debate. The emphasis on group dynamics is in line with the aims of the course, which are to share and develop observation, identification and action skills in a humane and scientifically appropriate way.*

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## 7. ATTENDANCE REGIME

*Attendance at 50% of class hours is mandatory for continuous assessment, with the exception of working students.*

## 8. CONTACTS AND OFFICE HOURS

[m.barbosa.costa@ipg.pt](mailto:m.barbosa.costa@ipg.pt) Office hours: Tuesdays from 10:00 to 11:00 Office 1.4 Ext. 2056


## DATE

September 18th, 2023

## SIGNATURES

Teachers' signature, Responsible/Coordinator/UC or Discipline Group Director

The Lecturer

  
(assinatura)

The UC or Discipline Group Director