



Course Specification

Institution's name Rangsit University
 Faculty/School Nursing
 Curriculum Bachelor of Nursing Science (BNE)

Section 1 General Information

Course Number and Course Title: BNE 208 Development Psychology and nutrition for nurses

Number of Credit 2 credits (2-0-4)

Pre-requisite None

Co-requisites None

Semester ☐ Special ☐ First ☒ Second

Year ☒ First year ☐ Second year ☐ Third year ☐ Fourth year

Type of Course Core Course : Foundation Course

Course Coordinator Asst.Prof. Orathai Reantippayasakul
 Aj. Sasipin Supamontri Buapol

Course Instructor Asst.Prof. Orathai Reantippayasakul
 Aj. Sasipin Supamontri Buapol

Study Place Room 4/2-400-1 School of Nursing, Rangsit University

Date of updated course description January 4 2025

Section 2 Purposes and Objectives

1. Objective of the course

The students are able to understand, recall and present knowledge about the concept of development psychology, concepts and theory related to food, nutrition including nutrients, energy requirement, nutrients and nutrition for individuals of all ages, nutritional deficiency and therapy and nurse's roles related to promote development and nutritional status.

2. Course Description

Concepts and theories related to developmental psychology, individual development across life span, factors influencing development, association of development and nutrition, concepts and theory related to food, nutrition, and energy requirement, promoting development and nutritional across life span, nurse's roles related to promote development and nutritional status.

3. Contact hours/week

- 1) The space time table of course coordinators and course instructors are declared for students to make an appointment.
- 2) Individual or group consultation 1 hour/week is depended on student requirements.

Course coordinator and instructors	Room	Contact information	Schedule
Asst.Prof. Orathai Reantippayasakul	4-408	orathai.r@rsu.ac.th	Monday 10.00-12.00 a.m.
Aj. Sasipin Supamontri Buapol	4-408	Sasipin.s@rsu.ac.th	Monday 10.00-12.00 a.m.

4. Course Learning Outcomes (CLOs)

- 4.1 Understand and describe consumer's rights.(Sub PLO 1.1)
- 4.2 Understand and explain :
 - Concepts and theories related to developmental psychology.

- Concepts and theory related to food, nutrition, and energy requirement, promoting development and nutritional across life span

- Nurse's roles related to promote development and nutritional status.

And discuss about the factors that influencing development, association of development and nutrition. (Sub PLO 2.1,2.2)

4.3 Apply information to solve nutritional problems and delayed developmental psychology. (Sub PLO 3.2)

4.4 Work as a team member and leader.(Sub PLO 4.1)

4.5 Calculate nutritional status and energy requirement of an individual in all age and communicate effectively both orally and in writing, selecting and using form of appropriately presentation. (Sub PLO 5.1, 5.2)

Section 3 Student's Learning Outcome Development

1. Moral and Ethical Development

•	Learning Outcome	Learning Process	Evaluation
1.1	Be able to understand and describe consumer's rights.	- Read assigned paper according to consumer's rights before class and participate in the time for discussion.	-Class attendance $\geq 80\%$ - Group participation and discussion.
1.2	Responsible for their actions, self-discipline and honesty.		

2. Knowledge

2.1	Be able to understand and explain: - Concepts and theories related to developmental psychology. - Concepts and theory related to food, nutrition, and energy requirement, promoting development and nutritional across life span - Nurse's roles related to promote development and nutritional status.	- Read assigned documents before class. - Participate in class lecture . - Group discussion, presentation, and knowledge sharing in class. - Self- study	- Written examination - Examination 1 - Examination 2 - Examination 3
2.2	Be able to discuss about		

	the factors that influencing development, association of development and nutrition.		
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3. Cognitive skills

3.1	Be able to Search, retrieve and analyze information from various data sources	- Search and analyze health problems due to nutrition and developmental psychology.	- Group discussions by case study and presentation
3.2	Be able to apply information to solve nutritional problems and delayed developmental psychology.	- Group discussions	- Self-evaluation - Group evaluation

4. Interpersonal skills and responsibility

4.1	Be able to work as a team member and leader.	- Divided the student into 5-6 group and assign the case study to discussion .	- Self-evaluation
4.2	Be able to accept and show personal and social responsibility.	- Presentation case assignment.	- Group evaluation

5. Analytical and communication skills

5.1	Be able to calculate nutritional status and energy requirement of an individual in all age.	- Calculate and analyze nutritional status of case study and suitable advice for his/her lifestyle change.	- The attention to practice
5.2	Be able to communicate effectively both orally and in writing, selecting and using form of presentation appropriate for differing issues and audiences.	-Presenting examples of food preparation for each age group	

Section 4 Lesson Plan and Evaluation

1. Lesson plans

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process/Media	Evaluation	Teacher
Week 1 21 Jan 2025 12.30 a.m.- 1.00 p.m.	Course orientation	30 min		<ul style="list-style-type: none"> - Upload course details (schedule, assignment) - Provide course orientation 	<ul style="list-style-type: none"> - Observe students' interests as they are clarified. - Assess students 'perceptions by reflecting students' feedback 	Asst.Prof. Orathai Aj. Sasipin
Tue 21 Jan 2025 1.00-3.00p.m.	<u>Unit 1.</u> Concept and theory related to developmental psychology 1.1 Stage of growth and development 1.2 Developmental theories	2	1.2,2.2, 3.2,4.1	<ul style="list-style-type: none"> - Assign students in google classroom to work as a team by study the development theories. - Lecture - Power point - Summarize the key concepts related to the topic. 	<ul style="list-style-type: none"> - Discussion and classroom participation - Classroom presentation - Examination 1 	Aj. Sasipin

Week 2 Tue 28 Jan 2025 1.00- 3.00p.m.	<u>Unit 2.</u> Factor affecting human development.	2	1.2,2.2, 3.2,4.1	<ul style="list-style-type: none"> - Explain the meaning of human development - Assign students in google classroom to work as a team by study the development theories. - Lecture - Power point - Summarize the key concepts related to the topic. 	<ul style="list-style-type: none"> - Discussion and classroom participation - Classroom presentation - Examination 1 	Aj. Sasipin
Week 3 Tue 4 Feb 2025 1.00- 3.00p.m.	<u>Unit 3.</u> Concept and the importance of nutrition in human development	2	1.2,2.1, 2.2,3.2, 4.1	<ul style="list-style-type: none"> - Explain the importance of nutrition in human development - Assign students in google classroom to work as a team by study the development theories. - Lecture 	<ul style="list-style-type: none"> - Discussion and classroom participation - presentation - Examination 1 	Asst.Prof. Orathai
Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher

				<ul style="list-style-type: none"> - Power point <p>Summarize the key concepts related to the topic.</p>		
Week 4 Tue 11 Feb 2025 1.00- 3.00p.m.	Unit 4 Food composition and Nutrients <ul style="list-style-type: none"> - Introduction to food and nutrients - Classification, importance and sources of nutrients. - Food group, nutrients. 	2	2.1,2.2, 4.1,4.2	<ul style="list-style-type: none"> - Explain the meaning and importance of food. Give examples of related terms. <p>Divide students into group activities and discuss about the benefits and values of different foods and nutrients.</p> <ul style="list-style-type: none"> - Assign individual exercises with answers at the end of instruction. - Power point summaries and additional explanations. 	<ul style="list-style-type: none"> - Observation of questioning. And participation in student feedback during instruction. - Exercises on the importance of food and nutrition. - Examination <p>1</p>	Asst.Prof. Orathai

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher
Week 5 Tue 18 Feb 2025 1.00- 3.00p.m.	<u>Unit 5</u> Nutritional status and assessment	2	1.2,2.2, 3.2,4.1, 4.2,5.2	<ul style="list-style-type: none"> - Students are matched with their peers to assess their nutritional status. Body mass index Waist circumference per hip line. - Lecture - Power point 	<ul style="list-style-type: none"> - Observation of questioning. And participation in student feedback during instruction. - Exercises on the importance of food and nutrition. - Examination II 	Asst.Prof. Orathai
Week 6 Tue 25 Feb 2025 1.00- 3.00p.m.	<u>Unit 6.</u> Energy requirement in healthy individuals <ul style="list-style-type: none"> - Energy requirements of persons both well and sick. 	2	2.1,2.2, 3.2,4.1, 5.1	<ul style="list-style-type: none"> - Allow students to do energy calculation exercises for case studies. Analysis of nutrients and energy in food - Students are matched with their peers to assess their nutritional 	<ul style="list-style-type: none"> - Observe the interest of students during instruction and the participation in quiz. 	Asst.Prof. Orathai

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher
				<p>status. Body mass index Waist circumference per hip line</p> <ul style="list-style-type: none"> - Power point summaries and additional explanations. 	<ul style="list-style-type: none"> - Presentation of case study analysis and student reports - Examination II 	
Week 7 Tue 4 Mar 2024 1.00- 5.00p.m.	<u>Unit 7. Nutrient and Nutrition</u> Guide line for infant and preschool <u>Unit 8. Nutrient and Nutrition</u> Guide line for School age and Adolescent	4	2.1,3.1, 3.2,4.1, 5.1,5.2	<ul style="list-style-type: none"> - Lecture - Randomly the students to analyze food and give the question . - Divide students into 4-5 groups to organize food / choose the menu that suits for the case study <p>The lecturers summarize the key</p>	<ul style="list-style-type: none"> - Discussion and classroom participation - Examination II 	Asst.Prof. Orathai

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher
				concepts and reply the student's question after finish the class.		
Week 8 Tue 11 Mar 2025 1.00- 3.00p.m.	<u>Unit 9. Nutrient and Nutrition</u> Guide line for Adult and Elderly	2	2.1,3.1, 3.2,4.1, 5.1,5.2	<ul style="list-style-type: none"> - Lecture - Randomly the students to analyze food and give the question . - Divide students into 4-5 groups to organize food / choose the menu that suits for the case study - The lecturers summarize the key concepts and reply the student's question after finish the class. 	<ul style="list-style-type: none"> - Observe the student's interest in activities during instruction and the participation in the forum and answering the questions of the teacher in the classroom. - Examination II 	Asst.Prof. Orathai

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher
Week 9 Tue 18 Mar 2025 1.00- 3.00p.m.	Presenting age -appropriate meals	2				
Week 10 Tue 25 Mar 2025 1.00- 3.00p.m.	<u>Unit 10</u> Development of Infant and preschool	2	1.2,2.2, 3.2,4.1, 5.2	-Assign students in google classroom to work as a team by study the development theories about school age and adolescent - Summarize the key concepts related to the topic.	- Observe the student's interest in activities during instruction and the participation in the forum and answering the questions of the teacher in the classroom.	Aj. Sasipin

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher
					- Examination II	
Week 11 Tue 1 Apr 2025 1.00- 3.00p.m.	<u>Unit 11.</u> Development of School age and adolescent	2	1.2,2.2, 3.2,4.1, 5.2	-Lecture -Assign students in google classroom to work as a team by study the development theories about adults and elderly Summarize the key concepts related to the topic.	- Observe the student's interest in activities during instruction and the participation in the forum and answering the questions of the teacher in the classroom. - Examination III	Aj. Sasipin

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher
Week 12 Tue 8 Apr 2025 1.00- 3.00p.m.	<u>Unit 12</u> Development of Adult and the elderly	2	1.2,2.2, 3.2,4.1, 5.2	-Lecture -Assign students in google classroom to work as a team by study the development theories about adults and elderly Summarize the key concepts related to the topic.	- Observe the student's interest in activities during instruction and the participation in the forum and answering the questions of the teacher in the classroom. - Examination III	Aj. Sasipin
Week 13 Tue 22 Apr 2025 1.00-	<u>Unit 13</u> Nurse's role in promoting human development	2	2.2,3.1, 3.2,4.1, 5.2	- Lecture - Give example about nurse's role that related in promoting human development.	- Observe the student's interest in activities during instruction and the	Aj. Sasipin

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher
3.00p.m.				- The lecturers summarize the key concepts and reply the student's question after finish the class.	participation in the forum and answering the questions of the teacher in the classroom. - Examination III	
Week 14 Tue 29 Apr 2025 1.00- 3.00p.m.	<u>Unit 14</u> Nurse's role in promoting nutritional status	2	2.2,3.1, 3.2,4.1, 5.2	- Lecture - Give example about nurse's role that related in promoting nutritional status. - Discuss about nurse's role in Thailand that related in nutrition. - -The lecturers summarize the key concepts and reply the student's	- Observe the student's interest in activities during instruction and the participation in the forum and answering the questions of the	Asst.Prof. Orathai

Week Date/Time	Topics	Hours	Learning Outcome	Learning and Teaching Process	Evaluation	Teacher
				question after finish the class.	teacher in the classroom. - Examination III	
Tue 6 May 2025 1.00-3.00 p.m.	<p>Group presentation</p> <p>Review content</p> <p>Course evaluation</p>					

2. Evaluation Plan

Learning Outcome	Evaluation Method	Evaluation Week	Evaluation Proportion
1. Ethics and Moral development	- Class attendance	all	Pass/not pass
2. Knowledge	Written examination		
	- Midterm	7	30%
	- Final	15	40%
	- Quiz & analyze	every week	-
3. Cognitive skills	case assignment		
4. Interpersonal skills and responsibility			
5. Analytical and communication skills and using information and technology.	- Group discussion and presentation in class	all	30%
	- Self and peer evaluation in Group working		

Section 5 Learning and Teaching Resource

1. Main Texts

Ross,A.C & et al. (2014). **Modern Nutrition in health and disease**. Philadelphia :Wolters Kluwer Health/ Lippincott Williams & Wilkin.

พรรณทิพย์ ศิริวรรณบุศย์. (2563). จิตวิทยาพัฒนาการ.พิมพ์ครั้งที่ 2. สำนักพิมพ์จุฬาลงกรณ์มหาวิทยาลัย

2. Documentation and Essential Information

Susan ,G.D. (2014). . **Nutrition essentials for nursing practice**. Philadelphia :Wolters Kluwer Health/ Lippincott Williams & Wilkin.

ทิพวรรณ หารรรษคุณาชัย รวิวรรณ รุ่งไพรวลัย สุรลักษณ์ สุจิตพงษ์ และวีระศักดิ์ ชลไชยะ. (บรรณาธิการ). (2556). พัฒนาการและพฤติกรรมเด็ก เล่ม 3 การดูแลเด็กสุขภาพดี.บริษัท ปิยอนด์ เอ็นเทอร์ไพรซ์ จำกัด. กรุงเทพฯ

Section 6 Evaluation and Improvement Plan

1. Evaluation Strategy for course effectiveness by Students

1.1 Using focus group

1.2 Students evaluate the course using “Course Evaluation Form”

2. Teaching Evaluation Strategy

2.1 Observation of learning and teaching activities by teaching team, colleagues, and administrators

2.2 Verify learning assessment

2.3 Results of examination and students’ reports

3. Teaching Improvement

3.1 Adjust the course based on the information received from the students’ evaluation

3.2 Teaching team, Head of the Nursing Group, Curriculum Committee arrange a seminar in order to improve the course.

4. Re-evaluation of student’s learning outcome

- Instructors present the students achievement in the subjects with the committee members to verify.

5. Verification and Planning of Course Improvement

- Gather information from students’ evaluation in improving the learning strategies.