

Lifespan psychology: adulthood and old age

Total number of ECTS credits		6
Type		Basic
Temporal organisation		Year 1; Semester 2
Modality		Face-to-face
Language		English
Contents	• Psychological development during adulthood and old age • Transition from adolescence to adulthood • Physical, cognitive and psychosocial changes in adulthood • Physical, cognitive and psychosocial changes in old age • Main developmental alterations in old age	
DEGREE of learning outcomes	Knowledge and content	CC20 Know lifespan development in adulthood and old age.
	Skills and abilities	HD6 Identify risk and protective factors in children, adolescents, adults and older people.
	Competences	CP5 Design a psychological assessment interview that facilitates the collection of information and the establishment of goals.
SUBJECT learning outcomes • Identify the processes of adult development and ageing. • Evaluate the developmental characteristics of human beings during adulthood and old age. • Know the main psychological alterations in old age.		

Face-to-face modality	Training activities		Total hours	
	Lectures		38	
	Seminars		4	
	Practical classes		16	
	Viewing and analysis of audiovisual content		6	
	Tutorials		12	
	Independent work		72	
	Final assessment test		2	
	Total		150	
	Assessment systems		MINIMUM	MAXIMUM
	Final assessment: face-to-face test or exam		60	60
	Problem solving		10	30
	Case studies - Projects		10	30
	Other continuous assessment activities		0	10
	Total		80	130