Transitions Throughout the Life Span offers an engaging look at human development across the life span, paying particular attention to the biological, cognitive, and psychosocial processes that people experience as they adapt to life circumstances. The twenty-six 30-minute video lessons incorporate videography of biological processes, as well as historical and contemporary research. The course provides students with a chance to observe people during all stages of life and hear from many leading human development experts and medical professionals.

All DVDs are closed captioned.

Lesson 1 - Introduction: Theories of Development
Explores major theories such as psychoanalytic theory, learning theory, behaviorism, and cognitive theory. It also explores the life-span perspective, which considers that development is a lifelong process.

Lesson 2 - Developmental Study as a Science
Introduces students to research design and shows how researchers use observational studies and surveys to establish relationships between the variables they study.

Lesson 3 - The Beginnings: Heredity and Environment
explores nature and nurture in development, DNA, genes acting in combination, and the effect that the environment can have on genetic expression.

Lesson 4 - The Beginnings: Prenatal Development and Birth
Follows an expectant family through the prenatal process to the live birth of their child. Students learn about the three trimesters of pregnancy and the risk factors that influence conception and delivery of a healthy baby.

Lesson 5 - The First Two Years: Biosocial Development
Includes discussion by experts of fine and gross motor development and the importance of nutrition and breast milk during the first two years.

Lesson 6 - The First Two Years: Cognitive Development
Explores how babies are learning about their world through their senses, by touching, feeling, hearing, and babbling. Language abilities are also discussed.

Lesson 7 - The First Two Years: Psychosocial Development
Includes discussions on temperament, social referencing, and attachment and how these factors shape the emotions and personalities of young children.

Lesson 8 - The Play Years: Biosocial Development
Focuses on the development of children ages two to five. Newly refined motor skills are discussed, as well as child endangerment and neglect.
Lesson 9 - The Play Years: Cognitive Development
Illustrates how children's experiences with puzzles, building blocks, and other toys help facilitate their cognitive development.

Lesson 10 - The Play Years: Psychosocial Development
Demonstrates how preschoolers learn to negotiate relationships with other children through play and physical interaction. It also explores the three predominant styles of parenting and the impact each has on children's psychosocial development.

Lesson 11 - The School Years: Biosocial Development
Shows how nutrition and genetics play an important role in the development of children. This lesson also explores biological disorders such as ADD and AD/HD.

Lesson 12 - The School Years: Cognitive Development
Discusses concrete operational thought, using complex language and moral reasoning. Further, it considers the value of bilingual education, ESL programs, and ways of learning more than one language.

Lesson 13 - The School Years: Psychosocial Development
Illustrates the social development of children on two fronts: adult-child relationships that teach basic social skills, and peer relationships that teach cooperation, competition, and intimacy.

Lesson 14 - Adolescence: Biosocial Development
Examines the physical changes that take place during puberty. The lesson explores the impact of nutrition, physical appearance, and social pressure.

Lesson 15 - Adolescence: Cognitive Development
Focuses on the ways in which adolescents develop more complex and sophisticated types of thinking and reasoning. It also explains how teens learn in school and how education of adolescents differs from that of younger children.

Lesson 16 - Adolescence: Psychosocial Development
Shows how adolescents endeavor to adopt adult roles at the same time they face the challenge of discovering their identity and integrating a set of values, beliefs, attitudes, and aspirations.

Lesson 17 - Early Adulthood: Biosocial Development
Focuses on the physical changes of early adulthood, ages 18 to 35. The lesson explores the health risks posed by eating disorders, violence, and risk-taking behaviors.

Lesson 18 - Early Adulthood: Cognitive Development
Explores cognitive development in early adulthood and illustrates how young adults are making decisions that may affect the rest of their lives. It also discusses moral reasoning skills and how to apply them to difficult moral issues.

Lesson 19 - Early Adulthood: Psychosocial Development
Illustrates how young adults begin to focus less on themselves and more on others. The lesson covers topics such as marital equity, communication, and the rise of dual-earner families.

Lesson 20 - Middle Adulthood: Biosocial Development
Focuses on physical changes during adulthood and how lifestyle choices and health habits play a significant role in the well-being of the adult. The lesson also discusses health concerns for men and women.
Lesson 21 - Middle Adulthood: Cognitive Development
Demonstrates how adults can continue to grow and expand intellectually, and discusses how genetics, environment, age, and experience influence cognition.

Lesson 22 - Middle Adulthood: Psychosocial Development
Addresses challenges and changes in terms of emotional and social development. Research suggests that most mid-life adults do not experience a “mid-life crisis,” but that changes in family, career, or health inevitably have some effect on the lives of these adults.

Lesson 23 - Late Adulthood: Biosocial Development
Discusses the realities of aging in terms of physiological changes. The growing specialty of gerontology is presented, and the genetics of aging and the possibility of enhancing longevity are addressed.

Lesson 24 - Adulthood: Cognitive Development
Explores information processing and short-term and long-term memory. Dementia and cognitive decline are discussed, as well as ways of keeping physically and cognitively active.

Lesson 25 - Late Adulthood: Psychosocial Development
Discusses relationships and their importance as we age. The lesson explores psychosocial theories on late adulthood, and concludes with a discussion of quality of life and the importance of remaining engaged in meaningful activities.

Lesson 26 - Epilogue: Death and Dying
Explores the acceptance and preparation of death. Culture and religion are discussed, as are ways of preparing for death, including wills, advanced directives, and hospice care.