UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Developmental Psychology of Adult and Senior

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

PSYCHOLOGY

3. Cycle

1st

4. Course Unit

Developmental Psychology of Adult and Senior (20311)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd Semester

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutora ANA CRISTINA DOS SANTOS LOPES

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Allow the acquisition of fundamental knowledge at the theoretical and practical level about the development process of adults and the elderly throughout the life cycle.

15. Specific Objectives

Acquire knowledge about the theoretical and practical perspectives of adult and elderly development, lifespan and aging

16. Skills to be acquired

1. Define and differentiate adulthood and advanced adulthood;
2. Distinguish development perspectives: moral, physical, cognitive, psychosocial, and diachronic
3. Understand and discern lifespan models
4. Acquire and develop critical thinking about aging, death, reminiscence, spirituality and wisdom
5. Integrate the theories and basic concepts of successful aging and learn the main factors of adjustment to aging

17. Teaching Methodology

METHODOLOGY: Theoretical-practical classes with an expository method, discussion and active reflection on the themes, practical implications and discussion of the themes.

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

18. Course Unit Program

Introduction: Human Development and the life cycle perspective.
1. The emergence of Adulthood
2.Adulthood: stability or change?
2.1 Physical development: health and physical changes; reproductive issues; longevity.
2.2 Cognitive development
2.3 Emotional and social development
2.4 Moral development
2.5 Psychosocial development
3. Advanced adult development: stability or change?
3.1 Physical development: health and physical changes; reproductive issues; longevity.
3.2 Cognitive development
3.3 Emotional and social development
3.4 Moral development
3.5 Psychosocial development
4. Aging: stability or change?
4.1 Physical traits and states: health and physical changes; longevity.
4.2 Cognitive traits and states
4.3 Emotional and social traits and states
4.4 The psychosocial world of the elderly
4.5 Perspectives on successful aging
4.6.Adjustments to aging
4.7 Aging, death, spirituality

19. Assessment Methods

- Attendance and participation in classes
- Carry out the proposed tasks throughout the semester
- Two interim written tests (without consultation)

20. Didactic Resources

Use of practical cases, interactive methods and multimedia material and reference publications on the subject.

21. Sustainability Objectives

Quality health
Quality education

22. Keywords

Development Process
Young adult development
Development in adult life
Development of the elderly

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

23. Main Bibliography

Author(s):	Hutchison, Elizabeth and Wood, Leanne		
Title:	Essentials of Human Behavior Integrating Person, Environment, and the Life Course		
Edition:	3ª	Year:	2020
Local:	London		
Publisher:	SAGE Publications, Inc		

Author(s):	Kuther, Tara L.		
Title:	Lifespan Development: Lives in Context		
Edition:	2.ª	Year:	2019
Local:	USA		
Publisher:			

Author(s):	Tennant, Mark		
Title:	Psychology and Adult Learning: The Role of Theory in Informing Practice		
Edition:	4ª	Year:	2020
Local:	NY		
Publisher:	Routdlege		

24. Complementary Bibliography

Author(s):	Vaillant, George		
Title:	Adaptation to Life		
Edition:		Year:	2016
Local:	London		
Publisher:	Harvard University Press		

Author(s):	Cavanaugh, J. &, Blanchard-Fields, F.		
Title:	Adult Development and Aging		
Edition:	7	Year:	2015
Local:	Belmont		
Publisher:	Wadsworth Publishing Co Inc		

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt

UNIVERSIDADE LUSÍADA
LISBOA

Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'PSICOLOGIA DO DESENVOLVIMENTO DO ADULTO E DO IDOSO': Academic Year 2025/2026
Autor / Author	Prof. Doutora ANA CRISTINA DOS SANTOS LOPES
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
Formato de dados / Data Format	Texto / Text, PDF
Estatuto de utilização / Usage	Acesso público / Public Access
Relação / Relation	Version 1,0

(c) Universidade Lusíada, 2025

FUNDAÇÃO MINERVA CULTURA - ENSINO E INVESTIGAÇÃO CIENTÍFICA

Rua da Junqueira, 188 a 198 - 1349-001 LISBOA - Telefone 213 611 500 - Fax 213 638 307 - e-mail: info@lis.ulusiada.pt - https://www.lis.ulusiada.pt