



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
DEVELOPMENTAL PSYCHOLOGY

Academic Year 2026/2027

1. Organic Unit

Higher Institute of Social Work

2. Course

SOCIAL WORK

3. Cycle

1st

4. Course Unit

DEVELOPMENTAL PSYCHOLOGY (L4508)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester



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8. Class type and workload (work time)

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

9. ECTS Credits

6,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutor JOÃO JOSÉ DA SILVA PISSARRA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

The purpose of this curricular unit is to deepen the scientific understanding of human developmental processes across the lifespan, integrating contributions from psychology, neuroscience, and the social sciences. It aims to foster an integrated, critical, and contextually informed perspective on developmental trajectories, emphasising mechanisms of change, continuity, and adaptation.

15. Specific Objectives

- Analyse classical and contemporary theories of human development.
- Understand the interactions among biological, cognitive, emotional, and sociocultural factors.
- Interpret empirical evidence with methodological rigour and critical discernment.
- Apply developmental concepts to educational, clinical, and community contexts.
- Recognise diversity, plasticity, and atypical developmental trajectories.

16. Skills to be acquired



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Scientific competencies: conceptual and cognitive mastery of the principal theories and models in developmental psychology.

Analytical competencies: critical appraisal of empirical studies and the capacity for multidisciplinary integration.

Knowledge transfer and application: ability to translate theoretical knowledge into real-world situations and professional contexts.

Transversal competencies: scientific communication, critical thinking, and adherence to ethical principles and

17. Teaching Methodology

The methodology combines theoretical exposition, case analysis, discussion of scientific articles, practical exercises, and structured debates. Multimedia resources, digital platforms, and additional materials will be employed.

18. Course Unit Program

1. A Concise Historical Overview of Developmental Psychology
2. Research Methodologies and Theoretical Models in Psychological Science
3. Core Foundations of Developmental Psychology
4. Biological and Neurodevelopmental Bases of Human Development
5. Prenatal Development: From Conception to Birth ? Embryogenesis, Foetal Development, and Embryopathologies
6. Motor, Cognitive, and Emotional Development in Early and Middle Childhood
7. Motor, Cognitive, Moral, and Socio-emotional Development in Adolescence
8. Developmental Processes in Adulthood and Ageing Across the Lifespan
9. Contexts, Diversity, and Contemporary Challenges in Human Development

19. Assessment Methods

The assessment rules and instruments established in the UL regulations will be applied.

20. Didactic Resources

Multimedia materials, case studies, digital learning platforms, audiovisual resources, and other complementary materials that support theoretical integration and the practical application of the course content.

21. Sustainability Objectives

- SDG 4: Quality Education
- SDG 5: Gender Equality
- SDG 8: Decent Work and Economic Growth



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22. Keywords

Developmental Psychology
Lifespan Development
Cognition
Emotion
Attachment
Neurodevelopment
PI



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23. Main Bibliography

Author(s): Blumberg, M. S., Freeman, J. H., & Robinson, S. R. (Eds.)
Title: Oxford Handbook of Developmental Behavioral Neuroscience
Edition: 7th Year: 2010
Local: Oxford
Publisher: Oxford University Press
ISBN Code: 9780190000000

Author(s): Sigelman, C. K., & Rider, E. A.
Title: Lifespan development: Lives in context
Edition: 3th Year: 2022
Local: Boston
Publisher: Cengage Learning.
ISBN Code: 9780357625363

Author(s): Leal, I., & Jerónimo, R.
Title: Psicologia do desenvolvimento
Edition: Year: 2020
Local: Lisboa
Publisher: Edições Silabo
ISBN Code: 9789899890000

24. Complementary Bibliography

Author(s):
Title:
Edition: Year:
Local:
Publisher:
ISBN Code:

Author(s):
Title:
Edition: Year:
Local:
Publisher:
ISBN Code:



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Ficha técnica MIP / MIP Datasheet	
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Autor / Author	Prof. Doutor JOÃO JOSÉ DA SILVA PISSARRA
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Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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