

HEALTH AND SOCIAL CARE UNIT 1: HUMAN LIFESPAN DEVELOPMENT

1A: Learning Aims
 To understand human growth and development across life stages and the factors that affect it.

Level 2 Assignment Criteria

P1 – Describe growth and development across three life stages for a selected individual.

P2 – Explain how different factors have affected growth and development of a selected individual.

M1 – Compare the different factors that have affected growth and development across three life stages for a selected individual.

D1 – Assess the changing impact of different factors in the growth and development across three life stages of a selected individual.

Age group	Life stage	Development progress
0-2 years	Infancy	Still dependant on parents but growing quickly and developing physical skills.
3-8 years	Early Childhood	Becoming increasingly independent, improving thought processes and learning how to develop friendships.
9-18 years	Adolescence	Experiencing puberty, which brings physical and emotional changes.
19-45 years	Early adulthood	Leaving home, making own choices about a career and may start a family.
46-65 years	Middle adulthood	Having more time to travel and take up hobbies as children may be leaving the home; beginning of the ageing process.
65+ years	Later adulthood	The ageing process continues, which may affect memory and mobility.

Growth and Development		Definition
P	Physical	Describes growth patterns and changes in mobility of the large and small muscles in the body that happen throughout life.
I	Intellectual	Describes how people develop their thinking skills, memory and language.
E	Emotional	Describes how people develop their identity and cope with feelings.
S	Social	Describes how people develop friendships and relationships.

1B: Learning Aims
 To investigate how individuals deal with life events.

Level 2 Assignment Criteria

P3 – Explain the impact of a life event on the development of two individuals.

P4 – Explain how two individuals adapted to a life event using support.

M2 – Compare the ways that two individuals adapted to a life event and the role that support played.

D2 – Assess how well two individuals adapted to a life event and the role and value of support in this.

Life Events	
Expected	Unexpected
Starting school	Death or a partner
Leaving school	Exclusion from school
Entering employment	Accident or injury
Retirement	Ill health
Parenthood	Imprisonment
Marriage	Unemployment/redundancy

Types of support
Emotional support is essential in helping individuals to cope with life events. This can help people feel safe and secure and that they have someone to help them adapt to change.
Information and advice is given when people feel as though they do not know what to do. This information will help people to make informed choices.
Practical help is given to help people adapt to their new situation this can be seen through financial support, childcare support and transport support.

Sources of support
Informal support given by family and friends, usually the first level of support for someone.
Professional support is otherwise known as formal support and can be provided by; statutory care services, private care services and charitable organisations.
Voluntary support is given from charities, communities and religious groups.

1A: Key Words

Milestones: A significant stage or event in the development of something.

Gross motor skills: Are used to control larger muscle groups in the body.

Fine motor skills: Are used to control small muscle groups in the body such as hands and fingers.

Puberty: A change in the body where the brain releases hormones and sexual characteristics develop.

Self-image: Is formed through comparisons to other people, and how you compare yourself to others.

Self-esteem: Is how you view yourself based on self-image. This can change from day to day.

1B: Key Words

Expected life events: These are major events that have already happened to you or are likely to happen to you in your lifetime.

Unexpected life events: These are major life events that take a person by surprise and are not expected to happen in a lifetime.

Physical events: These causes changes to your body, physical health or mobility.

Relationship change: These impact on informal and intimate relationships.

Life circumstances: These impact on day to day life and choices that are made.

Assignment Key Words

Pass terminology

Describe: Give a clear, objective account in your own word, showing recall, and in some cases application of relevant information.

Explain: Provide details and give reasons and/or evidence to support an argument.

Merit terminology

Compare: Identify the main factors relating to two or more situations explaining the similarities and differences. In some cases you will need to say what is best and why.

Distinction terminology

Assess: Present a careful consideration of varied factors or events that apply to a specific situation. You must arrive at a conclusion.