

UNIT 1 HUMAN LIFESPAN AND DEVELOPMENT

YEAR 12 UNIT 1 EXAM

LEARNING AIM A			
A Human growth and development through the life stages			
A1 Physical development across the life stages			
<ul style="list-style-type: none"> Growth and development are different concepts: <ul style="list-style-type: none"> o principles of growth – growth is variable across different parts of the body and is measured using height, weight and dimensions 			
o principles of development – development follows an orderly sequence and is the acquisition of skills and abilities			
<ul style="list-style-type: none"> In infancy (0–2 years), the individual develops gross and fine motor skills: <ul style="list-style-type: none"> o the development of gross motor skills o the development of fine motor skills o milestones set for the development of the infant – sitting up, standing, cruising, walking 			
<ul style="list-style-type: none"> In early childhood (3–8 years), the individual further develops gross and fine motor skills: <ul style="list-style-type: none"> o riding a tricycle, running forwards and backwards, walking on a line, hopping on one foot, hops, skips and jumps confidently o turns pages of a book, buttons and unbuttons clothing, writes own name, joins up writing. 			
<ul style="list-style-type: none"> In adolescence (9–18 years), the changes surrounding puberty: <ul style="list-style-type: none"> o development of primary and secondary sexual characteristics o the role of hormones in sexual maturity. 			
<ul style="list-style-type: none"> In early adulthood (19–45 years), the individual reaches physical maturity: <ul style="list-style-type: none"> o physical strength peaks, pregnancy and lactation occur o perimenopause – oestrogen levels decrease, causing the ovaries to stop producing an egg each month. The reduction in oestrogen causes physical and emotional symptoms, to include hot flushes, night sweats, mood swings, loss of libido and vaginal dryness. 			
<ul style="list-style-type: none"> In middle adulthood (46–65 years), the female enters menopause: <ul style="list-style-type: none"> o causes and effects of female menopause and the role of hormones in this o effects of the ageing process in middle adulthood 			
... <ul style="list-style-type: none"> In later adulthood (65+ years), there are many effects of ageing: <ul style="list-style-type: none"> o health and intellectual abilities can deteriorate 			
A2 Intellectual development across the life stages			
<ul style="list-style-type: none"> In infancy and early childhood there is rapid growth in intellectual and language skills: 			

<ul style="list-style-type: none"> o Piaget’s model of how children’s logic and reasoning develops – stages of cognitive development, the development of schemas, his tests of conservation, egocentrism and how his model may explain children’s thoughts and actions o Chomsky’s model in relation to how children acquire language – Language Acquisition Device (LAD), the concept of a critical period during which children may learn language, which may explain how children seem to instinctively gain language. 			
<ul style="list-style-type: none"> • In early adulthood, thinking becomes realistic and pragmatic, with expert knowledge 			
The effects of age on the functions of memory: o memory loss in later adulthood.			
A3 Emotional development across the life stages			
<ul style="list-style-type: none"> • Attachment to care-giver in infancy and early childhood: <ul style="list-style-type: none"> o theories of attachment, to include types of attachment and disruptions to attachment. 			
<ul style="list-style-type: none"> • The development and importance of self-concept: <ul style="list-style-type: none"> o definitions and factors involved in the development of a positive or negative self-esteem o definitions and factors involved in the development of a positive or negative self-image 			
A4 Social development across the life stages			
<ul style="list-style-type: none"> • The stages of play in infancy and early childhood: <ul style="list-style-type: none"> o solo play, parallel play and co-operative play. 			
<ul style="list-style-type: none"> • The importance of friendships and friendship groups: <ul style="list-style-type: none"> o the social benefits of friendships o the effects of peer pressure on social development 			
<ul style="list-style-type: none"> • The development of relationships with others. • The development of independence through the life stages: <ul style="list-style-type: none"> o peer influence in adolescence, starting employment, leaving home, starting a family. 			
LEARNING AIM B Factors affecting human growth and development			
<ul style="list-style-type: none"> • Development across the lifespan is a result of genetic or inherited factors – Gesell’s maturation theory 			
<ul style="list-style-type: none"> • Development across the lifespan is a result of environmental factors – Bandura’s social learning theory 			
<ul style="list-style-type: none"> • Both factors may play a part – stress-diathesis model. B2 Genetic factors that affect development 			
<ul style="list-style-type: none"> • Genetic predispositions/disorders to particular conditions – cystic fibrosis, brittle bone disease, phenylketonuria (PKU), Huntington’s disease, Klinefelter’s syndrome, Down’s syndrome, colour blindness, Duchenne muscular dystrophy, susceptibility to diseases such as cancer, high blood cholesterol and diabetes 			
<ul style="list-style-type: none"> • Biological factors that affect development – foetal alcohol syndrome, effects of maternal infections and lifestyle/diet during pregnancy, congenital defects 			

Environmental factors that affect development			
• Exposure to pollution – respiratory disorders, cardiovascular problems, allergies			
• Poor housing conditions – respiratory disorders, cardio vascular problems, hypothermia, and anxiety and depression			
• Access to health and social care services – availability of transport, opening hours of services, ability to understand the needs and requirements of particular services. B4 Social factors that affect development			
• Family dysfunction – parental divorce or separation, sibling rivalry, parenting style			
• Bullying – effects of bullying on self-esteem, self-harm, suicide			
• Effects of culture, religion and belief – beliefs that may prevent medical intervention, dietary restrictions.			
Economic factors that affect development			
.. • Income and expenditure. • Employment status. • Education. • Lifestyle.			