

# Health and Social Care Knowledge Organiser: Component 1 Human Lifespan Development

## Learning Aim A: Understand human growth and development across life stages and the factors that affect it

How do people grow and develop throughout their lives? How can factors such as lifestyle choices, relationships affect this? Understanding these processes is essential knowledge and understanding for health and social care practitioners.

### A1 Growth and development across life stages

#### Main Life stages

1. Infancy (0 - 2 years)
2. Early childhood (3 - 8 years)
3. Adolescence (9 - 18 years)
4. Early adulthood (19 - 45 years)
5. Middle adulthood (46 - 65 years)
6. Later adulthood (65+ years)



What are the key characteristics at each of the life stages?

#### Areas of Growth and Development

##### Holistic Development

1. **Physical development** - Physical growth and physiological change
2. **Intellectual development** - Developing thinking and language skill and common activities that promote learning and development
3. **Emotional development** - Developing feelings about self and other
4. **Social development** - Forming relationships

- ❖ **What is a fine motor skill**
- ❖ **What is a gross motor skill**
- ❖ **What is the difference**
- ❖ **Examples of how each of these skills can be encouraged**
- ❖ **Why are these skills important**

### A2 Factors affecting growth and development

#### 1. Physical factors

- a) Genetic inheritance
- b) Diet and lifestyle choices
- c) Experience of illness and disease
- d) Appearance

#### 2. Economic factors

- a) Income/ wealth
- b) Material possessions

#### 3. Social, Cultural and emotional factors

- a) Educational experiences
- b) Culture, e.g. community involvement, religion, gender
- c) Influence of role models
- d) Influence of social isolation
- e) Personal relationship with friends and family



