

BTEC Tech Award Health and Social Care: Component 1 Knowledge Organiser

Learning Aim A — Understand Human Growth and Development across life stages and the factors that affect it.

A1: Growth and Development

Life Stages

Infancy (0-2yrs) — Develop fine and gross motor skills

Early Childhood (3-8yrs) — Learning to play

Adolescence (9-18yrs) — Peer group develop, emotional affected by hormones, build relationships and onset of puberty.

Early Adulthood (19-45yrs) — Achieve full growth and maturity. Begin work and start a family.

Middle Adulthood (46-65yrs) — Transitional age between young adult and elderly. Possible onset of midlife crisis, menopause etc.

Later Adulthood (65+yrs) - Importance of finding meaning and satisfaction in life. Potential onset of dementia.



Physical - Physical growth, muscles, strength, balance, co-ordination, illness/health.

Intellectual - Development of thinking and language skills, brain development.

Emotional - Development of feelings, emotions, sense of self and understanding of others.

Social - Forming relationships, socialising and communicating with others.

A2: Factors affecting Growth and Development

Physical Factors can affect growth and development such as diet and exercise. This enables a person to be healthy and means they are strong enough to fight off illness.



Economic Factors can affect a person's growth and development. Having a substantial (enough) income can ensure a person has successful growth and development by providing good housing and having enough money for food, water and shelter.

Social and Cultural Factors include relationships, influence of role models, educational experiences, religion, gender etc. These experiences will help to shape an individual.

KEYWORDS & DEFINITION

Gross motor skills — Used to control large muscle groups in the body e.g. legs for walking.

Fine motor skills — Used to control small muscle groups e.g. hands and finger for writing.

Milestones — A significant stage or event in the development of an individual.

Puberty — Release of hormone in the brain which cause sexual characteristics to develop e.g. hair growth.

Menopause — Physiological changes leading to the gradual end of menstruation and shrinkage of sexual organs.

Abstract thinking — Thinking about something that might not be there or exist.

Bonding — Forming an attachment with a parent or carer.

Attachment — The close emotional connection between people.

Self-esteem — How much a person likes/values/accepts themselves.

Contentment — Feeling satisfied and happy with what you have and what you have achieved.

Self-image — How an individual will think and feel about themselves and how they imagine others see them.