

Growth and development are different concepts:

- Principles of growth – growth is variable across different parts of the body and is measured using height, weight and dimensions
- principles of development – development follows an orderly sequence and is the acquisition of skills and abilities.

In infancy (0–2 years), the individual develops gross and fine motor skills:

- the development of gross motor skills the development of fine motor skills
- milestones set for the development of the infant – sitting up, standing, cruising, walking.

In early childhood (3–8 years), the individual further develops gross and fine motor skills:

- riding a tricycle, running forwards and backwards, walking on a line, hopping on one foot, hops, skips and jumps
- confidently turns pages of a book, buttons and unbuttons clothing, writes own name, joins up writing.

A1 Physical development across the life stages

In adolescence (9–18 years), the changes surrounding puberty:

- development of primary and secondary sexual characteristics
- the role of hormones in sexual maturity

In early adulthood (19–45 years), the individual reaches physical maturity:

- physical strength peaks, pregnancy and lactation occur 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.

In middle adulthood (46–65 years), the female enters menopause:

- causes and effects of female menopause and the role of hormones in this effects of the ageing process in middle adulthood



In later adulthood (65+ years), there are many effects of ageing:

- health and intellectual abilities can deteriorate

A2 Intellectual development across the life stages

In infancy and early childhood there is rapid growth in intellectual and language skills:

- 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
- 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.

In early adulthood, thinking becomes realistic and pragmatic, with expert knowledge about the practical aspects of life that permits judgement about important matters.

- Relationship-marriage
- family-direct and indirect
- housing-renting, mortgage
- job-promotion,
- children-creating a family
- Travel-holidays, backpacking etc.

The effects of age on the functions of memory: memory loss in later adulthood.

A3 Emotional development across the life stages

Attachment to care-giver in infancy and early childhood:

theories of attachment, to include types of attachment and disruptions to attachment.

The development and importance of self-concept:

- definitions and factors involved in the development of a positive or negative self-esteem
- definitions and factors involved in the development of a positive or negative self-image



A4 Social development across the life stages

The stages of play in infancy and early childhood:

solo play, parallel play and co-operative play.

The importance of friendships and friendship groups:

- the social benefits of friendships
- the effects of peer pressure on social development.
- The development of relationships with others.

The development of independence through the life stages:

- peer influence in adolescence, starting employment, leaving home, starting a family.



B Factors affecting human growth and development

B1 The nature/nurture debate related to factors

Development across the lifespan is a result of genetic or inherited factors – Gesell's maturation theory.

- Development across the lifespan is a result of environmental factors – Bandura's social learning theory.
- Both factors may play a part – stress-diathesis model..

B2 Genetic factors that affect development

- 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.
- Biological factors that affect development – foetal alcohol syndrome, effects of maternal infections and lifestyle/diet during pregnancy, congenital defects.

B3 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.

B5 Economic factors that affect development

Income and expenditure.

- Employment status.
- Education.
- Lifestyle.

B6 Major life events that affect development

Predictable events:

these are events that are expected to happen at a particular time. While expected, they may still have an effect on a person's health and wellbeing. This effect can be positive or negative, regardless of the event.

Unpredictable events:

these are events that happen unexpectedly and can have serious physical and psychological effects on an individual. These effects can be positive or negative, regardless of the event.

Many events can be either predictable or unpredictable depending on the life course of the individual. They can include:

- o starting school/nursery
- o moving house
- o marriage and divorce
- o starting a family
- o beginning employment
- o retirement
- o death of a relative/partner/friend
- o accidents or injury
- o changing employment
- o leaving home
- o promotion or redundancy
- o serious illness.

- The effects of life events on health.
- Holmes-Rahe social readjustment rating scale and the effects of life events on a person's stress levels and health.

C Effects of ageing

C1 The physical changes of ageing

- Cardiovascular disease – age can increase the risks of cardiovascular disease. This can be exacerbated by lifestyle choices.
- The degeneration of the nervous tissue.
- Osteoarthritis.
- Degeneration of the sense organs.
- The reduced absorption of nutrients.
- Dementia, to include Alzheimer's disease.
- Effects of illnesses that are common in ageing..

C2 The psychological changes of ageing



Effects on confidence and self-esteem.

Effects of social change:

- role changes
- loss of a partner
- loss of friends

increase in leisure time.

- Financial concerns.
- Effects of culture religion and beliefs.
- Social disengagement theory.
- Activity theory..

C3 The societal effects of an ageing population

- Health and social care provision for the aged.
- Economic effects of an ageing population.