

BTEC Health and Social Care

EXAM

PIES	
PHYSICAL	Describes growth patterns and changes in mobility of the large and small muscles in the body that happen throughout life. For example, infants begin to walk at 13 months and pick up small objects. By 3 years they can pedal a tricycle and draw shapes.
INTELLECTUAL	Describes how people develop their thinking skills, memory and language - for example, being able to learn, remember and recall information.
EMOTIONAL	Describes how people develop their identity and cope with feelings - for example, developing confidence when trying new things and learn how to adapt to change.
SOCIAL	Describes how people develop their friendships and relationships - for example, developing the confidence and skills to join and participate in a group situation.

Life Stages	
Infancy	0-2 years. The development of fine and gross motor skills.
Early Childhood	3-8 years. Learning to play (solitary, parallel, social).
Adolescence	9-18 years. Peer groups develop, emotions are effected by hormones, building relationships, the onset of puberty.
Early Adulthood	19-45 years. Starting a family, having attained full growth or maturity.
Middle Adulthood	46-65 years. An individual in the transitional age span between young adult and elderly, potential onset of midlife crisis.
Later Adulthood	65+ years. Importance of finding meaning and satisfaction in life, potential onset of dementia.

Key Words	
Puberty	A change in the body where the brain releases hormones and sexual characteristics develop.
Menopause	Physiological changes including the gradual end of menstruation and shrinkage of sexual organs.
Gross motor skills	Gross motor skills are used to control larger muscle groups in the body.
Fine motor skills	Fine motor skills are used to control hands and fingers.
Milestones	A significant stage or event in the development of something.
Abstract thinking	Thinking about something that might not even be there or even exist.
Bonding	Forming an attachment with a parent or carer.
Attachment	Attachment is the close emotional connection between people.
Self-esteem	How much a person likes/values/accepts/themselves.
Contentment	Contentment is about feeling satisfied and happy with what you have and what you have achieved.
Self-image	Self-image is how an individual will think and feel about themselves and how they imagine other people see them.

Basics	
Identify	Establish or indicate who or what (someone or something) is.
Describe	Give a detailed account (in words) of.
Explain	Make clear to someone by describing it in more detail or revealing relevant facts.
Assess	Give careful consideration to all the factors or events that apply and then identify which are most important, giving reasons. You must also give the advantages and disadvantages and say which one is best.
Evaluate	Give careful consideration to the advantages and disadvantages and then explain why they are advantages and disadvantages. Decide which factor is the most important and explain your reasons.
Analyse	Identify the key factors and how they are linked and the explain the importance and relevance of each one.

8 MARK QUESTIONS
1-3 MARKS – Basic arguments on both sides identified or only one sided considered. The answer is likely to be in the form of a list. Points made are generic and not applied or directly linked to the situation in the question. Only one area of development was considered.
4-6 MARKS – Arguments for and against are described, but there is more emphasis on one side than the other. The answer will be unbalanced. Most points made will be relevant to the situation in the question, but the link will not always be clear. Two or more areas for development are considered.
7-8 MARKS – Balanced explanation of both sides for and against. Clear links to the consideration of arguments for and against, and their relative importance to the situation. The majority of points made will be relevant and there will be a clear link to the situation in the question. Two or more areas of development are considered, in greater depth and with a developed understanding.

Revision Tips		
Start revising early.	Take short breaks.	Use text books and revision booklets.
Have a go at past papers.	Don't just read your notes.	Don't put it off.