

BTEC Health and Social Care

Unit 1A – Human Lifespan

The Spec!

PASS	Describe growth and development across three life stages for a selected individual. Explain how different factors have affected growth and development of a selected individual.
MERIT	Compare the different factors that have affected growth and development across three life stages for a selected individual.
DISTINCTION	Assess the changing impact of different factors in the growth and development across three life stages of a selected individual.

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 then explain the importance and relevance of each one.

Case Studies

Case Study 1: Joseph, 3 years old. Joseph Smith is 3 years of age and it has been noted that he is not currently hitting the expected milestones in relation to his speech.

Case Study 2: Millie, 78 years old. Millie Dale is 78 years old and suffers with vascular dementia. She has two children who live in the Grimsby area who both work full time and her husband passed away 3 years ago so she lives alone in the village of Healing.

Case Study 3: Emily, 26 years old. Married to Gavin who is 28 years old. Emily has a child called Evie who is 18months old. Emily lives in Grimsby and has a close knit family within the area. Emily is returning to work full time and Gavin currently works part time.

Sentence Starters

In addition to...	Alternatively...	For instance...
Another point...	For example...	Whereas...
This can be illustrated by....	However...	Generally...

P HYSICAL

I NTELLECTUAL

E MOTIONAL

S OCIAL

