

## ABOUT THE UNIT 1 KNOWLEDGE BOOK

The Unit 1 Knowledge Book provides a comprehensive series of structured, step by step activities designed to equip students with the essential knowledge they need for their Unit 1, Human Lifespan Development exam.

By working systematically through the book, students will be able to identify gaps in their own knowledge, whilst building awareness of specialist terminology and familiarity with key concepts, and theories which are crucial to exam success.



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## ESSENTIAL CONTENT A: HUMAN GROWTH AND DEVELOPMENT THROUGH THE LIFE STAGES

# A1 PHYSICAL DEVELOPMENT ACROSS THE LIFE STAGES

### PLC

#### You need to be able to...

	RAG
Explain the difference between growth and development	
Describe key principles of growth and development	
Identify life stages and their associated age ranges	
Identify key milestones in infancy	
Identify key milestones in early childhood	
Identify primary and secondary characteristics	
Explain the role of hormones in sexual maturity	
Explain the difference between perimenopause and menopause	
Explain the impact of a decrease in oestrogen levels during perimenopause	
Explain the role of hormones in the perimenopause and menopause	
Explain how health and intellectual abilities deteriorate during later adulthood	

### 01 | Define

#### Define what is meant by the terms 'growth' and 'development'

##### Growth

##### Development

### 02 | Give me 3!

#### Give me three principles of development

1

2

3

**06 | Describe it**

Describe what is meant by the term 'peer pressure'

**07 | Give me 2!**

Give me two possible negative impacts of peer pressure on development

1	
2	

**08 | Apply it**

Sam is 18 years old and has moved to student accommodation at university. Sam will be sharing a student flat with 4 other students from diverse backgrounds.

Explain two ways in which Sam may be positively influenced by peer pressure

1	
2	



**09 | 9. What's the difference?**

Explain the difference between formal and informal relationships



**10 | Give me 2!**

Imogen is 16 years old and has just started her BTEC Health and Social Care course at a local college. Imogen has had her first meeting with her personal tutor, Mandy.

Give me two possible positive effects of Imogen having a good relationship with her personal tutor

1	
2	

**11 | Explain it**

Explain how starting employment both can increase and decrease independence

It can increase independence because...	It can decrease independence because...

### 13 | Give me 3!

Kai is 24 years old and has a learning disability. Kai sometimes struggles to communicate and needs lots of time to understand what has been said to him. Kai has an appointment with his GP to find out the results of a blood test.

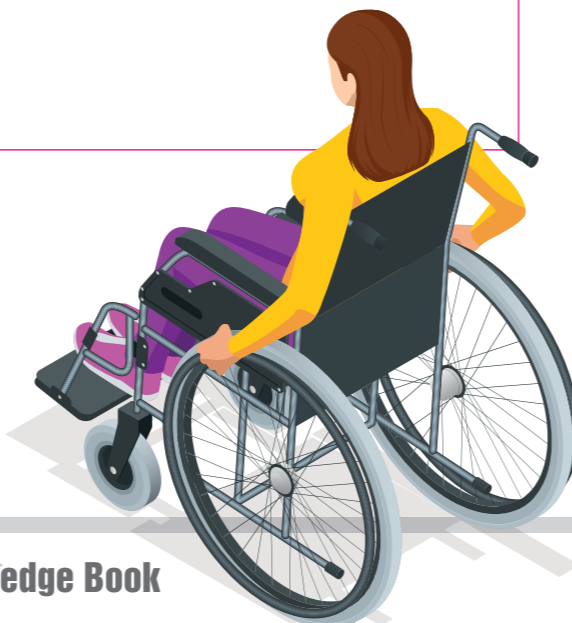
Give me three ways the GP could adapt his service to meet Kai's needs.

1	
2	
3	

### 14 | Tell me

Tell me two ways that health and social care services can reduce barriers for service users who require a wheelchair

1	
2	



## B4 SOCIAL FACTORS THAT AFFECT DEVELOPMENT

### PLC

You need to be able to...

- Explain how family dysfunction can affect development (including parental divorce or separation, sibling rivalry and parenting style)
- Explain how bullying can impact self-esteem and identify that it may lead to self-harm or suicide
- Explain how someone's development may be impacted by their culture, religion and belief (including medical intervention and dietary restrictions)

RAG

### 01 | State 3

State three features of functional family life

1	
2	
3	



### 02 | Describe it

Describe key features of Baumrind's three parenting styles

<b>Authoritarian Parenting</b>	
<b>Authoritative Parenting</b>	
<b>Permissive Parenting</b>	



### 13 | Tell me

Angie is 82 years old and has been diagnosed with Alzheimer's disease. Angie lives in a residential care home as she is no longer able to live safely at home.

Tell me three ways in which Angie's Alzheimer's disease may impact on her health and wellbeing

1	
2	
3	

### 14 | Identify and describe

Identify and describe three other illnesses which are common in later adulthood

1	
2	
3	

## C2 THE PSYCHOLOGICAL CHANGES OF AGEING

### PLC

You need to be able to...

	<b>RAG</b>
Explain the impact of ageing on self-concept	
Explain the effects of social changes on development	
Explain the impact of financial concerns on psychological wellbeing	
Outline social disengagement theory	
Outline activity theory	

### 01 | Tell me

Tell me one way reaching later adulthood may positively and negatively impact on self-image and self-esteem

	Self-Image	Self-Esteem
Positive Impact		
Negative Impact		

### 02 | Give me 3!

Give me three lifestyle factors which increase the risk of an individual developing cardiovascular disease

1	
2	
3	