

Unit 1 – Human Lifespan Development

Physical Development across the Life Stages

Growth and Development are different

Growth is not consistent across life stages e.g. teenagers may experience growth spurts.

Growth is the increase of measured quantity e.g. height, mass

Development is the increase in skills, abilities, and capabilities

Life stages are marked by physical, physiological, and psychological changes

Milestones develop alongside social roles and different stages of the life span e.g. gross and fine motor skills, thinking, and language skills.

Principles of Growth

The process of growth is as height increase, weight increase

If growth is continuous, the rate of growth is not as smooth

Rapid growth in infancy and again during puberty

There is a difference between boys and girls when speaking of growth rates

Referring to growth, consider two dimensions : weight and length/height

Rapid growth in infancy happens during the first six months of their lives

A health infant will be half their adult height at the age of two

Growth measurements help identify issues such as if an infant is under or overweight or growing too slowly

Infant growth in-between their first and second years of life is 12cm and 2.5kg

Infant growth gains 2kg and 8cm in-between their second and third years of life

If growth is as expected, weight will rise following centile lines on growth chart of infant

Information about the infant is recorded into a personal child health record to ensure that if there concern on weight or height, an early referral to paediatrician.

Principles of Development

Development is changes that involve ability levels altering

Development happens head to toe = first control head, control over body = then to sit, control over legs = then to crawl then walk

Development happens inside to outside = control movement in body, then arms + legs, then small muscles in fingers

Development happens in the same sequence but at different rates

Development happens holistically = area of development is dependent on each other

Milestones = developmental norms, they describe skills that infants, children and adolescents are expected to develop at certain ages and stages in their life e.g. walking, talking, or tying shoelaces.

Skills acquisitions are physical (gross and fine motor skills), intellectual development and language skills, emotional development, and social development. **PIES**

Physical Development in infancy and early childhood

Gross motor skills = movement involving large muscles of the body e.g. legs, arms, and torso of body

Fine motor skills = movement involving smaller muscles in hands, fingers, and toes

Infants develop use of both gross motor and fine motor as they become more independent at two

Before two, they have not much gross motor movement or fine motor movement

Early childhood, gross motor skills develop as the child ages each year e.g. At 3 they run, ride a tricycle. At 4 they kick, throw large ball. At 5 they hop on each foot. At 6 or 7 they skip, ride a bike. At 8 they have good strength and body coordination.

Fine motor skills = control over smaller movements. At 3 they can use a pencil. At 5 they can dress and undress = shoelaces. At 8 they have good control of small muscles and able to draw in detail.

Development of primary and secondary sexual characteristics

Primary sexual characteristics = changes and development of reproductive organs

Secondary sexual characteristics = outward signs of development from child to man or women

Puberty in girls = 11 to 13. Puberty in boys = 13 to 15

Sex hormones = responsible for changes that occur in puberty controlled by the pituitary gland

Female hormones = oestrogen and progesterone and responsible for ovulation and menstruation

Male hormones= testosterone is responsible for stimulating sperm production and development of secondary sexual characteristics

Early Adulthood (19-45 years)

Primary sexual characteristics (present at birth and develop during puberty)		Secondary sexual characteristics (develop during puberty)	
Female	Male	Female	Male
The uterus enlarges and the vagina lengthens.	Enlargement of penis and testes.	Breasts develop and the areola (the area around the nipple) swells and darkens.	Changes in larynx (Adam's apple) causing voice to deepen.
The ovaries begin to release eggs.	Spontaneous erections caused by blood flowing into chambers in the penis may happen.	Hair grows in armpits and pubic area.	Hair grows in armpits and pubic area, facial hair.
The menstrual cycle commences.	The testicles begin to produce spermatozoa (sperm), beginning of ejaculation.	Redistribution of body fat causing hips to widen.	Redistribution of muscle tissue and fat.

Lifespan Development Papers

Rachel Sandford



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