Component 1: Human Lifespan Development

Learning Outcome A1 Topic Test

o This resource contains information relating to an end of topic test that will be used as formative assessment for Component 1: Human Lifespan Development, *Learning Outcome A1: Human growth and development across life stages.*

o The test uses the question types and command verbs found in the terminal external assessment (exam) for this qualification. This will help to prepare students for this future assessment.

o The total marks available is 30 and it is suggested that students are given 45 minutes to complete this test.

A1 Human growth and development across life stages

Learners will explore different aspects of growth and development across the life stages
using the physical, intellectual, emotional and social (PIES) classification.

Life stages and their expected key characteristics in each of the PIES Classifications:

- Infancy (birth to 2 years):
  o physical: rapid physical growth of weight and height, development of gross and fine motor skills, following the same pattern of growth and development but at different rates
  o intellectual: rapid development of language and thinking skills such as memory/recall
  o emotional: attachments are formed, emotional wellbeing is based on bonding/attachment, security and contentment
  o social: strong dependence on adults/carers, socialisation through family, engage in solitary play

- Early childhood (3–8 years):
  o physical: continued growth of weight and height, mastery of gross and fine motor skills

- o intellectual: increased curiosity, language fluency develops, strong grasp of memory/recall
- o emotional: increased independence, wider range of relationships are formed, emotional wellbeing is based on attachment, security and contentment
- o social: social circle widens and close friendships are formed, socialisation continues through family and also friends/carers, social play develops

- Adolescence (9–18 years):
  - o physical: onset of puberty, differences between males and females, primary and secondary sexual characteristics
  - o intellectual: complex and abstract thinking develops
  - o emotional: independence increases further, more freedom to make own decisions, concerns over self-image and self-esteem may increase, emotional wellbeing is based on attachment, security and contentment
  - o social: wide range of formal/informal relationships develop and have influence, intimate relationships are formed

- Early adulthood (19–45 years):
  - o physical: peak physical fitness, full height reached, sexual maturity reached, women at their most fertile
  - o intellectual: mastery of abstract and creative thinking, careers become important, may return to education
  - o emotional: independent living and control over own lives, emotional wellbeing is based on attachment, security and contentment
  - o social: intimate and long-lasting relationships are formed

- Middle adulthood (46–65 years):
  - o physical: at the end of this life stage the ageing process begins, menopause occurs for women
  - o intellectual: can use knowledge and experience for complex decision making, may retire
  - o emotional: may experience changes in self-image and self-esteem linked to retirement or ageing process, emotional wellbeing is based on attachment, security and contentment
  - o social: may have more time to socialise

- Later adulthood (65+ years):
  - o physical: ageing process continues, decline in strength and fitness, loss of mobility, loss of muscle tone and skin elasticity
  - o intellectual: may experience decline in cognitive ability such as loss of memory/recall

- o emotional: may start to become more dependent on others, emotional wellbeing is based on attachment, security and contentment
- o social: may experience bereavement and reduction of social circle.

**NOTE: All information above is from the BTEC Tech Award Level 1/2 in Health & Social Care specification. Please ensure that you look back into your books in order to gather more in-dept information about the various points covered above.