

PEARSON LEVEL 3 AAQ BTEC NATIONAL IN HEALTH & SOCIAL CARE  
(EXTENDED CERTIFICATE)

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# UNIT 1 HUMAN LIFESPAN AND DEVELOPMENT KNOWLEDGE BOOK



Student Name:

# ABOUT THIS LEVEL 3 AAQ BTEC NATIONAL KNOWLEDGE BOOK

This Knowledge Book provides a comprehensive series of structured, step by step activities designed to equip you with the essential knowledge you need for Unit 1, Human Lifespan and Development.

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



## CONTENTS

Element	Content	Page
<b>A:</b>	<b>HUMAN GROWTH AND DEVELOPMENT THROUGH THE LIFE STAGES</b>	
<b>A1:</b>	<b>PHYSICAL, INTELLECTUAL, EMOTIONAL AND SOCIAL DEVELOPMENT AT EACH LIFE STAGE</b>	<b>03</b>
<b>B:</b>	<b>FACTORS AFFECTING HUMAN GROWTH AND DEVELOPMENT ACROSS EACH LIFE STAGE</b>	
<b>B1:</b>	<b>GENETIC FACTORS</b>	<b>30</b>
<b>B2:</b>	<b>LIFESTYLE FACTORS</b>	<b>34</b>
<b>B3:</b>	<b>HEALTH INEQUALITIES</b>	<b>50</b>
<b>C:</b>	<b>HEALTH AND SOCIAL CARE PROMOTION, PREVENTION AND TREATMENT AT DIFFERENT LIFE STAGES</b>	
<b>C1:</b>	<b>PREVALENT HEALTH CONDITIONS</b>	<b>63</b>
<b>C2:</b>	<b>HEALTH AND SOCIAL CARE PROMOTION AND PREVENTION</b>	<b>72</b>
<b>C3:</b>	<b>HEALTH AND SOCIAL CARE PROFESSIONALS</b>	<b>80</b>
<b>C4:</b>	<b>PERSONALISED CARE &amp; MULTIDISCIPLINARY WORKING</b>	<b>88</b>
	<b>GLOSSARY</b>	<b>94</b>

# A: HUMAN GROWTH AND DEVELOPMENT THROUGH THE LIFE STAGES

## A1 PHYSICAL, INTELLECTUAL, EMOTIONAL AND SOCIAL DEVELOPMENT AT EACH LIFE STAGE

### Learning Check

You need to know and understand...

	RAG
Physical development in <b>infancy</b>	
Intellectual development in <b>infancy</b>	
Emotional development in <b>infancy</b>	
Social development in <b>infancy</b>	
Physical development in <b>early childhood</b>	
Intellectual development in <b>early childhood</b>	
Emotional development in <b>early childhood</b>	
Social development in <b>early childhood</b>	
Physical development in <b>adolescence</b>	
Intellectual development in <b>adolescence</b>	
Emotional development in <b>adolescence</b>	
Social development in <b>adolescence</b>	
Physical development in <b>early adulthood</b>	
Intellectual development in <b>early adulthood</b>	
Emotional development in <b>early adulthood</b>	
Social development in <b>early adulthood</b>	
Physical development in <b>middle adulthood</b>	
Intellectual development in <b>middle adulthood</b>	
Emotional development in <b>middle adulthood</b>	
Social development in <b>middle adulthood</b>	
Physical development in <b>late adulthood</b>	
Intellectual development in <b>late adulthood</b>	
Emotional development in <b>late adulthood</b>	
Social development in <b>late adulthood</b>	
Physical development in <b>later adulthood</b>	
Intellectual development in <b>later adulthood</b>	
Emotional development in <b>later adulthood</b>	
Social development in <b>later adulthood</b>	

# Life Stages

## 01 | Tell me

Tell me the age range for each life stage

Life stage	Age range
Infancy	
Early childhood	
Adolescence	
Early adulthood	
Middle adulthood	
Late adulthood	
Later adulthood	



# Key Concepts

## 02 | Define it

Write a definition for each of the following terms

Growth	
Development	
Developmental norm	
Developmental milestone	
Developmental delay	

### 03 | Tell me

What is the difference between growth and development?

### 04 | Label it

Label the descriptions of areas of development as physical, intellectual, emotional or social

Development of friendships  
and other relationships

Changes in the body including  
the development of physical skills

Development of identity,  
self-concept and wellbeing

Development of cognitive skills such  
as memory, attention, language and thought

## Infancy (0-2 years)

### 05 | Correct it

Charlie is explaining how infants develop physically to her friend Sobia, who is eight-months pregnant

*"Your baby will develop her physical skills from her feet first, then up to her head. She will be able to control her arms and legs before any other development occurs. Infants all have the same growth pattern but grow at different rates."*

Charlie has got **two** facts wrong in her explanation. Can you correct her?

## 06 | Give me 6!

Give me six examples of growth during infancy

1

2

3

4

5

6

## 07 | Explain it

Explain what is meant by the term 'expected development'

## 08 | Fill in the gaps

Fill in the gaps in the paragraph, using the terms in the table below

After birth, doctors, midwives and health visitors will use growth charts to monitor a baby's physical growth. These charts track weight, length, and \_\_\_\_\_ against standardised \_\_\_\_\_ lines, which represent the distribution of growth measurements in a healthy population. These measures help determine if a baby's growth falls within the \_\_\_\_\_ for their age and sex, ensuring they are meeting \_\_\_\_\_. By plotting measurements at regular intervals, health professionals can visualise growth patterns over time, identify trends, and detect any significant \_\_\_\_\_ from the expected \_\_\_\_\_. This process helps in early identification of potential health issues, ensuring timely interventions and support. Different growth charts are used for male and female babies.

norm	range	head circumference
developmental milestones	centile	deviations

## 09 | Give me 3!

Give me three pieces of information that are recorded in a child's personal child health record (PCHR) – often referred to as “the red book”

1

2

3

## 10 | Explain it

Explain what is meant by a reflex response

## 11 | Give me 3!

Give me three reflex responses that are demonstrated in infancy

1

2

3

## 12 | Tell me

What is the difference between gross and fine motor skills?



### 13 | Give me 3!

Give me three fine motor skills that develop in infancy

1

2

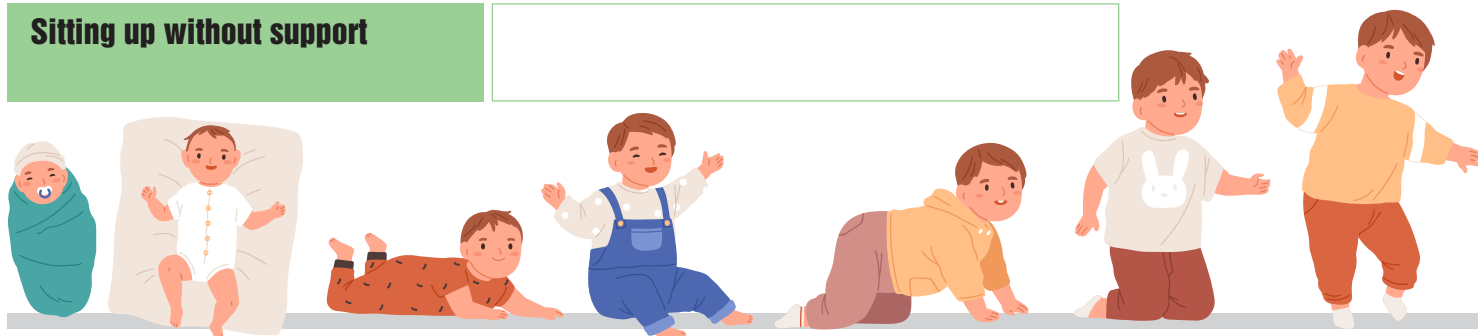
3

### 14 | Identify it

Mikey is a new dad. It's his first child, and he is excited about seeing his new baby develop. He asks the health visitor how old his child will be when he develops certain gross motor skills.

What age-range did the health visitor identify to Mikey as the developmental norm for the following skills? Choose from: 0-6 months, 6-12 months, 12-18 months or 18-24 months

Gross Motor Skill	Age Range for the Developmental Norm
Rolling over	
Cruising	
Walking	
Running	
Lifting head	
Standing alone	
Kicking a ball	
Crawling	
Sitting up without support	





## 15 | Identify it

Mikey now asks the health visitor how old his child will be when he develops certain fine motor skills.

What age-range did the health visitor identify to Mikey as the developmental norm for the following skills?  
Choose from: 0-6 months, 6-12 months, 12-18 months or 18-24 months

Fine Motor Skill	Age Range for the Developmental Norm
Pincer grip	
Scribbles	
Builds a tower with blocks	
Turns pages of a book	
Transfers objects from hand to other	
Follows objects with eyes	
Begins using spoon and cup	
Drops/picks up toys	
Voluntary grasp	



## 16 | Give me 4!

Give me four ways infants develop intellectually

1	
2	
3	
4	

## 17 | True or false

The following is a list of facts about intellectual development during infancy. Identify which are true and which are false

Statement	True or False?
Infants can understand more words than they can speak	
Children can only begin to speak once they can move and control the muscles in their lips, tongue and larynx	
Babies babble from birth	
Putting two or more words together occurs from 12 months	

## 18 | Identify and explain

Describe how babies develop intellectually by interacting with their environment. Think about:

- Senses
- Communication and play
- Manipulating objects

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## 19 | Match up

Match up the key term linked to emotional development in infancy with the definition

<b>Primary caregiver</b>	The process of forming a strong emotional connection between two individuals especially through frequent or constant association.
<b>Bonding</b>	The individual who has the main responsibility for the child's care.
<b>Attachment</b>	A period where an attachment must be formed. If an attachment is not established during this period, it may not develop at all.
<b>Critical period</b>	The emotional bond that forms between infant and caregiver, and it is how the helpless infant gets primary needs met.