

Unit 3 - Human Growth and Development

Unit aims	This unit aims to develop an understanding of different areas of growth and development, and how each development area has an impact on the other. This unit introduces learners to the various stages of growth and development that a human being passes through on their journey through life.		
Unit level	3		
Unit code	T/618/4169		
GLH	28		
Credit value	5		
Unit grading structure	Pass, Merit and Distinction		
Assessment guidance	In order to achieve this unit, learners must produce work which demonstrates achievement of the learning outcomes at the standards provided by the assessment criteria.		
Learning outcomes The learner will:	Assessment criteria The learner can:		
	Pass	Merit	Distinction
1. Know stages of growth and development throughout the human lifespan.	1.1 Describe physical, intellectual, emotional, and social development for each of the life stages of an individual. 1.2 Identify key changes from birth to old age affecting health and wellbeing. 1.3 Explain developmental norms and milestones.	1M1 Analyse how each development area has an impact on the other.	
2. Understand potential effects of life factors and events on growth and development.	2.1 Identify life factors and events which affect growth and development. 2.2 Explain potential effects of life factors and events on the growth and development of individuals.		2D1 Evaluate how nature and nurture affects individual's physical, intellectual, emotional and social development.

3. Understand physical and psychological changes of ageing.	3.1 Explain physical and psychological changes linked to ageing. 3.2 Explain lifestyle choices associated with ageing.	3M1 Discuss the effect that physical changes associated with ageing have on self esteem and self-confidence.	3D1 Evaluate the influence lifestyle choices have on ageing.
4. Understand the effect of transitions and significant life events.	4.1 Identify transitions and significant life events across the life stages. 4.2 Describe the impact that transitions and significant life events may have on individuals. 4.3 Explain the role of the health and social care practitioner in supporting individuals during transition and significant life events.		4D1 Analyse the impact of person-centred approaches on the support provided by practitioners to individuals experiencing transition and significant life events.

Indicative Content

1 Know stages of growth and development throughout the human lifespan.

Life stages:

- Infancy
- childhood
- adolescence
- early, middle, late adulthood.

Physical, intellectual, emotional and social development:

Physical development: gross motor skills, involving large movements that involve the whole body
fine motor skills: involving smaller, more controlled movements. Physical changes to the body as a result of puberty.

Emotional and social development: bonding and attachments, expressing feelings, following instructions, cooperation, self-control, self-concept, friendships/peer groups.

Changes from birth to old age affecting health and wellbeing:

Nature-nurture debate: key principles; biological programming, the effects of experiences versus heredity, maturation theory, life factors, genetic, biological, environmental, socioeconomic, lifestyle, major life events.

Developmental norms and milestones:

Holistic development, physical, intellectual, language, emotional and social at each life stage,

causes and effects of delayed and arrested development.

The stages of care available to meet health conditions throughout the human lifespan:

Early years, paediatric, children and young people's services, health/healthcare service providers, social care service providers, support service providers, integrated care, multidisciplinary care, end of life care, palliative care.

2 Understand potential effects of life factors and events on growth and development.

Life factors and events which affect growth and development:

- biological influences
- lifestyle
- education
- employment
- socio-economic
- relationships
- culture
- physical environment
- health
- bullying
- aspiration.

Effects- illness, disability, loss of focus, increase in focus, achievement, less achievement, need for support and guidance, access to services.

The role of health and social care provision in supporting individuals:

- The extent to which services support, inclusion, development, planning, service delivery, independence, safeguarding, funding, value, involvement. 6C's (Care., Compassion, Competence, Communication, Courage, Commitment).

3 Understand the physical and psychological changes of ageing.

- The physical and psychological changes linked to ageing: physical changes, respiratory system, muscular-skeletal, skin, effects of illnesses that are more common in ageing
- Psychological changes: effects on confidence; effects on self-esteem; effects of ageism; effects of, theories of ageing, e.g. social disengagement, activity theory; application to current health and social care provision

Services available to support individuals experiencing changes associated with ageing: self help, medical and health services, social care services, home support, counselling, mediation, networks, independent living, supported living

Effects on self-esteem and self-confidence of the physical changes associated with ageing:

loss of independence, support from others, access to services, community support, provision of services, person centred approaches, consent, capacity

The influence of theories of ageing on health and social care provision:

Principles of mental capacity and establishing consent, self-directed and service support, strength based approach, care planning, advantages and disadvantages of care pathways, features of person-centred approaches to integrated care, working in a person-centred way to promote an individual's wellbeing

4 Understand the effect of transitions and significant life events.

Transitions and significant life events across the life stages:

- infancy: separation, nursery, weaning, toilet training
- childhood: school, siblings, moving home
- adolescence: puberty, exams, leaving home
- early, middle, late adulthood: employment, marriage, parenthood, divorce, bereavement, retirement, age-related medical conditions.

The impact that transitions and significant life events may have:

- long and short term effects
- emotion
- relationships
- financial
- independence
- health and well being
- self esteem
- resilience.

The role of the health and social care practitioner in supporting individuals during transition and significant life events:

- to take action
- to promote health and well-being
- to meet individual needs
- to meet the needs of family/carers/friends.

The impact of person-centred approaches on the support provided by practitioners to individuals experiencing transition and significant life events:

- preparing individuals for transition or event
- supporting the needs of individuals during transition and events
- assessment of needs
- action planning and goal setting
- planning
- choice
- independence.