

Pearson Level 3 Alternative Academic Qualification
BTEC National in

HEALTH & SOCIAL CARE

(Extended Certificate)





Unit 1

HUMAN LIFESPAN & DEVELOPMENT

AN INTRODUCTION

Starter Activity

Take **three** minutes to **discuss** these questions with a partner:

What **life stage** are you in? How do you know?

What **significant changes** do you expect to happen in your life stage?



Lesson Aims

- ✓ Discover Unit 1 topics
- ✓ Develop understanding of basic underpinning concepts
- ✓ Learn definitions of today's key terms
- ✓ Understand how Unit 1 is assessed

Key Terms

- Human lifespan
- Life stages
- Human development
- Holistic development
- Biological factors
- Lifestyle factors
- Socio-economic factors
- Environmental factors
- Healthy behaviours
- Prevalent health conditions

Human Lifespan

What does this mean?

Lifespan is the number of years a person lives, or we expect them to live.

For the purposes of Unit 1, we split the human lifespan into **7 life stages**:

1. **Infancy**: birth to 2 years
2. **Early childhood**: 3 to 8 years
3. **Adolescence**: 9 to 18 years
4. **Early adulthood**: 19 to 45 years
5. **Middle adulthood**: 46 to 69 years
6. **Late adulthood**: 70 to 84 years
7. **Later adulthood**: 85+ years

Key Terms

Human lifespan

The length of time for which a person exists.

Life stages

The ages and stages we go through as we learn and grow, from infancy to adulthood.

Human Development

What does this mean?

Human development is the process of growing, changing and becoming more advanced over time.

Across our lifespan, we **develop** in 4 domains:

1. **Physical**
2. **Intellectual**
3. **Emotional**
4. **Social**

We use the acronym **PIES** to help us remember the 4 domains.

Collectively, we can refer to this as **holistic development** because the word holistic means the whole person.

Key Terms

Human development

The process of growing, changing and becoming more advanced over time.

Holistic development

Growth and change of the whole person, physically, intellectually, emotionally and socially.



Adolescence

Your Life Stage

What **life stage** are you in? How do you know?

What **significant changes** do you expect to happen in your life stage?



Unit 1 Topics

Three content areas:

A. Human growth and development through the life stages

You will examine physical, intellectual, emotional and social growth and development across the human lifespan. You will develop an understanding of the relationship of the different areas of development and the effect they have on each other.

B. Factors affecting human growth and development at each life stage

You will explore the interaction between biological, lifestyle, socio-economic and environmental factors in health and wellbeing. You will develop an understanding of how these factors can positively and negatively affect an individual's holistic growth and development.

C. Health and social care promotion, prevention and treatment at different life stages

You will examine how health care professionals work together to provide effective care. This will include promoting healthy behaviours to prevent ill-health, and the role of specific professionals and services in treating prevalent health conditions.

Unit 1 Topics

Using the example of adolescence:

A. Human growth and development through the life stages

What examples of PIES development in adolescence can you think of?
How do they interact?

B. Factors affecting human growth and development at each life stage

What factors might affect you in adolescence?

- Biological
- Lifestyle
- Socio-economic
- Environmental

Key Terms

Biological factors

Genetic and physical influences on growth and development, such as inherited conditions, disease, and illness.

Lifestyle factors

Behaviours and choices that impact health, such as diet, exercise, smoking, and alcohol use.

Socio-economic factors

Social and financial influences, including income, education, and employment.

Environmental factors

External conditions affecting development, such as pollution, access to healthcare, and living conditions.



Unit 1 Topics

Using the example of adolescence:

C. Health and social care promotion, prevention and treatment at different life stages

What healthy behaviours do you think are important in adolescence?

What health conditions do you think are prevalent in adolescence?

Key Terms

Healthy behaviours

Actions that promote wellbeing and reduce health risks, such as balanced eating, regular exercise, and avoiding harmful substances.

Prevalent health conditions

Common illnesses or diseases affecting the population, such as diabetes, cardiovascular disease, and respiratory conditions.

Unit 1 Assessment

The exam

- There is one **exam** for this unit
- It is **90 minutes** long
- There are a total of **80 marks** available
- It is split into **3 sections**
- Each section has a **case study scenario** which the questions are linked to
- There is a **mixture of question types**: multichoice, short answer and extended answer questions
- The highest value questions are worth **9 marks** each and there are **4** of these
- Your mark out of 80 will be converted into a **grade**:



U (Ungraded)	N (Near Pass)	P (Pass)	M (Merit)	D (Distinction)	D* (Distinction Star)
--------------	---------------	----------	-----------	-----------------	-----------------------

Independent Learning

Research growth and development in **infancy** (birth to 2 years).

What are the key features of **growth** and **development** at this life stage?

Make notes on the 4 **PIES** domains:
physical, intellectual, emotional, social.



Pearson Level 3 Alternative Academic Qualification
BTEC National in

HEALTH & SOCIAL CARE

(Extended Certificate)

