

Applied Health and Social Care *Activity 1*

Health and social care practitioners need to develop a knowledge base for working with people in every stage of their lives, and they need to know how their own experiences relate to health and wellbeing. Although it is generally accepted that there may be deterioration in health with age following adulthood, medical intervention means people are living longer and have better life prospects. This unit will develop your knowledge and understanding of the patterns of human growth and development. You will explore the key aspects of growth and development, and the experience of health and wellbeing. You will learn about factors that can influence human growth, development, and human health. Some of these are inherited and some are acquired through environmental, social, or financial factors during our lifespan. You will learn about several theories and models to explain and interpret behaviour through the human lifespan. In this unit, you will explore the impact of both predictable and unpredictable life events and recognise how they impact on individuals. You will study the interaction between the physical and psychological factors of the ageing process, and how this affects confidence and self-esteem, which in turn may determine how individuals will view their remaining years.

Submit: use the QR code to complete the questionnaire linked to the Lifespan Development.

You can extend this activity by exploring some of the topics further by looking on the internet and reading around the topics.

Unit 1- Lifespan Development

