

# HSC - Component 1 - Knowledge Organiser

## Learning Outcome A - Understanding human growth and development across life stages and the factors that affect it

### Infancy (birth to 2yrs)

- ✓ **Physical:** rapid growth of weight & height, gross and fine motor skills, same pattern of growth & development but at different rates.
- ✓ **Intellectual:** rapid development of language and thinking skills e.g. memory/recall.
- ✓ **Emotional:** attachments formed, emotional wellbeing based on bonding/attachment, security and contentment.
- ✓ **Social:** strong dependence on adults/carers, socialisation through family, engage in solitary play.



### Early Childhood (3-8yrs)

- ✓ **Physical:** continued growth of weight & height, mastery of gross & fine motor skills.
- ✓ **Intellectual:** increased curiosity, language fluency develops, strong grasp of memory/recall.
- ✓ **Emotional:** increased independence, wider range of relationships formed, emotional wellbeing based on attachment, security & contentment.
- ✓ **Social:** social circle widens, close friendships formed, socialisation continues through family, friends/carers, social play develops.



### Adolescence (9-18yrs)

- ✓ **Physical:** onset of puberty, differences between males and females, primary and secondary sexual characteristics.
- ✓ **Intellectual:** complex and abstract thinking develops.
- ✓ **Emotional:** independence increases further, more freedom to make own decisions, concerns over self-image & self-esteem may increase, emotional wellbeing based on attachment, security and contentment.
- ✓ **Social:** wide range of formal/informal relationships develop and have influence, intimate relationships are formed.



### Early Adulthood (19-45yrs)

- ✓ **Physical:** peak physical fitness, full height & sexual maturity reached, women at their most fertile.
- ✓ **Intellectual:** mastery of abstract & creative thinking, careers become important, may return to education.
- ✓ **Emotional:** independent living & control over own lives, emotional wellbeing based on attachment, security and contentment.
- ✓ **Social:** intimate & long-lasting relationships are formed.



### Middle Adulthood (46-65yrs)

- ✓ **Physical:** ageing process begins at end of this stage, menopause for women.
- ✓ **Intellectual:** can use knowledge and experience for complex decision making, may retire.
- ✓ **Emotional:** may experience changes in self-image & self-esteem linked to retirement or ageing process, emotional wellbeing based on attachment, security and contentment.
- ✓ **Social:** may have more time to socialise.



**Growth** - describes increase in body size, e.g. height and weight.  
**Development** - involves gaining new skills and abilities, e.g. riding a bike.

### Late Adulthood (65+yrs)

- ✓ **Physical:** ageing continues, decline in strength & fitness, loss of mobility, muscle tone and skin elasticity.
- ✓ **Intellectual:** may experience decline in cognitive ability, loss of memory, recall.
- ✓ **Emotional:** may be dependent on others, emotional wellbeing based on attachment, security & contentment.
- ✓ **Social:** may experience bereavement, reduced social circle.



**PIES**  
**P**hysical  
**I**ntellectual  
**E**moional  
**S**ocial

### Factors Affecting Growth and Development

- ✓ **Physical factors** - inherited conditions, experience of illness and disease, mental ill health, physical ill health, disabilities, sensory impairments.
- ✓ **Lifestyle factors** - nutrition, physical activity, smoking, alcohol, substance misuse.
- ✓ **Emotional factors** - fear, anxiety/worry, upset/sadness, grief/bereavement, happiness/contentment, security, attachment.
- ✓ **Social factors** - supportive and unsupportive relationships with others - friends, family, peers and colleagues, social inclusion and exclusion, bullying, discrimination.
- ✓ **Cultural factors** - religion, gender roles and expectations, gender identity, sexual orientation, community participation, race.
- ✓ **Environmental factors** - housing needs, conditions, location, home environment - living with a high level of parental conflict, experiences of abuse and neglect, exposure to pollution - air, noise and light.
- ✓ **Economic factors** - employment situation, financial resources - income, inheritance, savings.



## Learning Outcome B - Understand how individuals deal with life events



### Different Types of Life Events

- ✓ **Health and wellbeing** - accident / injury, physical illness, mental and emotional health and wellbeing.
- ✓ **Relationship changes** - entering into relationships, marriage, civil partnership, long-term relationship, divorce, separation for non-married couples, parenthood, bereavement.
- ✓ **Life circumstances** - moving house, school or job, exclusion from education, redundancy, imprisonment, changes to standards of living, retirement.



### Coping with Change Caused by Life Events

- ✓ **The character traits that influence how individuals cope** - resilience, self-esteem, emotional intelligence, disposition - a person's character traits, e.g. positive, negative.
- ✓ **The sources of support that can help individuals adapt** - family, friends, neighbours, partners, professional carers and services, community groups, voluntary and faith-based organisations, multi-agency working, multidisciplinary working.
- ✓ **The types of support that can help individuals adapt** - emotional support, information, advice, endorsed apps, practical help - financial assistance, support with childcare, domestic chores, transport.



## Assignments - How this component is assessed

### Task 1 - PIES growth and development through the life stages

This task will cover Learning Outcome A

- ❑ You will be given two life stages to write about, e.g. *early childhood and early adulthood*
- ❑ For each life stage you must explain how the PIES characteristics grow and develop
- ❑ You must then explain how the PIES characteristics have changed between the two different life stages

### Task 2 - Impact of different factors on PIES growth and development through the life stages

This will cover Learning Outcome A

- ❑ You will be given two factors that affect growth and development to write about, e.g. *a lifestyle factor and a social factor*
- ❑ You will explain how each factor impacts the PIES growth and development across two life stages
- ❑ You must then explain why the factors have a different impact in the different life stages

### Task 3a - Impact of life events on PIES growth and development

This will cover Learning Outcome B

- ❑ You will be given a case study which talk about two different people and the life events they have gone through
- ❑ The two people will be in different life stages and will have different life events
- ❑ For each person, you must explain how the life event has affected their growth and development through PIES

### Task 3b - How individuals adapt to life events

This will cover Learning Outcome B

- ❑ You will use the same case study from task 3a
- ❑ You will need to read the case study to identify the sources of support and types of support
- ❑ You will explain which character events helped the two people in the case study to cope with their life events
- ❑ You will compare how both people in the case study adapted to their life events
- ❑ You will explain the role support played in helping them cope with their life event
- ❑ You will be able to identify other sources of support for each person in the case study, explaining how it could help them cope with their life events