

Health and Social Care - Extended Diploma

Preparation for Wyke 2020



Please complete all tasks within the booklet and bring to your first Health and Social Care lesson. The content of the booklet will be used for **Unit 1 – Human Lifespan Development**

Health and Social Care Preparation Work – Genetics

Genetics

Learning Objectives

- To understand the term genetic predisposition.
- To know the different conditions linked to genetics.
- To describe how these conditions are connected to genetics and how they can affect development.

Genes

Each living cell in the human body has a nucleus containing 23 pairs of chromosomes – one from the mother and one from the father. Each chromosome has genes and these determine how tall we'll be, our eye colour etc.

Research task: what substance are genes made up of and attach an image?

Genetic predisposition

A predisposition is the chance that you will develop a certain condition, and therefore genetic predisposition means that you inherit that chance from one or both of your biological parents. However, it doesn't mean it is a certainty that you will develop the condition. These genes determine physical growth, development, health and appearance.

For your exam you will need to know about many conditions, including: Cystic fibrosis, Brittle bone disease, Phenylketonuria, Huntington's disease, Klinefelter syndrome, Down's syndrome, Colour blindness and Duchenne muscular dystrophy.

Research task: complete the table below for at least 4 of the conditions that are connected to genetics, and explain how they are linked to genetics and how they affect our development. An example has been done for you.

Condition	Genetic link	How can it affect development?
Cystic fibrosis	Faulty gene which is recessive (both parents must be carriers) and there is a 1 in 4 chance their child will be born with cystic fibrosis.	Lungs become clogged with sticky mucus and suffer with respiratory and chest problems. They also have problems absorbing nutrients from food. Children have short life expectancies but modern treatments are helping in extending their lives.

Health and Social Care Preparation Work - PLAY

Learning Objective

- To understand the term play.
- To know the four different types of play.
- To describe how types of play encourage development.

The Stages of Play

Children learn and practise basic skills through play. They develop a sense of self, learn to interact with other children, how to make friends and how to role play. The stages of play may vary between children. All children will pass through these stages. Stages are influenced by children’s language and intellectual development. Initially children play alone, then alongside other children, and eventually share and co-operate during play. The types of play which you will need to understand for the unit 1 exam:-

- Solo Play
- Parallel Play
- Associative Play
- Co-operative Play

Task

Produce a detailed table which will explain each type of play, the age this is likely to occur and also shows examples of each type of play and the areas of development it could develop.

Type of Play	Description	Physical	Intellectual	Emotional	Social



Health and Social Care Preparation Work - Intellectual Development Theories

Learning objectives:

- To understand different aspects of intellectual development.
- To explain the 4 key stages of Jean Piaget’s stages of cognitive development.
- To explain Noam Chomsky’s language acquisition device (LAD).

Intellectual and cognitive development refers to how individuals organise their ideas and make sense of the world they live in. There are 5 key aspects to intellectual development:

- 1) Language development – essential for organising thoughts, sharing ideas, and clarification.
- 2) Problem solving – required to work things out and make predictions about the future.
- 3) Memory – required for storing, recalling and retrieving information.
- 4) Moral development – helps us to reason and making informed choices.
- 5) Abstract and creative thinking – essential to help us think about events that cannot be observed.

2 theorists attempted to explain how aspects of intellectual development occur – Jean Piaget and Noam Chomsky.

Task – Part 1

Fill in the following table explaining 4 key stages of Jean Piaget’s stages of cognitive development.

Stage of Cognitive Development	What occurs
Sensorimotor (0-2 years old)	
Preoperational (2-7 years old)	
Concrete operational (7-11 years old)	
Formal operational (11-18 years old)	

Task – Part 2

Create an A4 poster using Microsoft Word which summarises Noam Chomsky’s language acquisition device (LAD). Your poster must be eye catching and include pictures and clear titles. The following points should be explained in your poster:

Children are naturally “pre-programmed” by genetics to learn language.

- Language develops because of biological maturation.
- Existence of universal grammar.
- Observation of language needed but no training.
- Criticisms of Chomsky’s LAD.

Health and Social Care Preparation Work - Life Stage- Adolescence- Physical Development- Task.

Learning Objectives:

- To understand the development of primary sexual characteristics during puberty.
- To understand the development of secondary sexual characteristics during puberty.
- To describe the role of sex hormones during puberty.

Puberty

Puberty often starts in girls around the ages of 11-13 however there are some exceptions which may mean this starts earlier or later. Boys tend to start puberty slightly later than girls, age 13-15.

Puberty is a part of our physical development during adolescence and is triggered by the production of sex hormones, these are crucial to the onset of puberty and our sexual development.

Both males and females during this stage reach sexual maturity, are able to reproduce and their secondary sexual characteristics develop.

- **Primary sexual characteristics** relate to the changes and development of reproductive organs present at birth.
- **Secondary sexual characteristics** are outward signs of development of a child changing into a man or a woman.

Task- Part 1:

Fill in the following table highlighting the changes of both sets of characteristics during puberty (An example has been completed in the first boxes to help you)

Primary sexual characteristics (present at birth- develop during puberty)		Secondary sexual characteristics (develop during puberty)	
Female	Male	Female	Male
The uterus enlarges and vagina lengthens.	Enlargement of penis and testes.	Breasts develop and areola (nipple area) swells and darkens.	Changes in Larynx (Adam's apple) causes voice to deepen.

Task- Part 2:

Sex hormones are responsible for the changes our bodies experience during puberty. The release of sex hormones controls the onset and the rate of puberty, the physical changes and the production of sperm and egg cells.

- **List** both the male and female sex hormones and give a brief description of their function during puberty (use following page to complete your list):

Task- Part 2 continued:

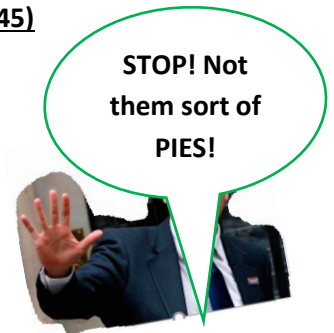
Male	Female

Health and Social Care Preparation Activities - Development in Early Adulthood (19-45)

Starter: What do the letters in the acronym PIES stand for?

If you're unsure, research it using the internet!

We will focus on the role of physical development in early adulthood using the table below.



Learning Objectives:

- To define some of the main physical development norms in early adulthood.
To identify ways these needs can be supported and potential barriers that exist (Task 2) to prevent some of these being met.

A brief definition of early adulthood lifestage

.....is the period of development between the ages of 19 and 45. During this stage the individual will reach physical maturity. A time when physical strength and stamina reaches its peak. This includes muscle strength, reaction time, sensory abilities, and cardiac functioning. The ageing process also begins during early adulthood and is characterised by changes in skin, vision, and reproductive capability.

Task 1: Fill in the table below. You will need to research this information. Use google or any other reputable source. The first part of 1 has been done as an example. Now do stamina.

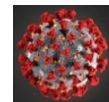
Physical development norms in this lifestage	Definition(s)	What services can help to support people and how do they help?
1-Optimum muscle strength and stamina.	Muscle strength is defined as the maximum amount of force that a muscle can exert against some form of resistance in a single effort www.pecentral.org Stamina	The gym would help to support muscle strength by doing weights exercises such as using dumb-bells regularly.
2-Changes to sensory function such as sight and hearing		

Physical development norms in this lifestage	Definition(s)	What services can help to support people and how do they help?
3- Changes in skin (elasticity)		
4- Changes in reproductive function	a-Women b-Men	

Task 2

Pick at least 2 examples from the third column and investigate why some people might still not use the service.

- Plenary:** a- Who is the gentleman in the picture on the right?
 b- What is his title?
 c- Why have you seen him on TV recently? **Use the picture to help!**



- a-
- b-
- c-

Health and Social Care Preparation work - Middle Adulthood links to the Menopause

Learning Objectives:

- Identify the symptoms of menopause
- Describe the effects of development linking to PIES in middle adulthood
- Evaluate the effects of life events linking to Holmes-Rahe social adjusting rating scale

Ensure you are using key terms throughout this task 😊

Middle adulthood: 46-65 years of age. The aging process mainly begins during this life stage. One key aspect to remember during this life stage is menopause. Menopause is a natural physiological change experienced by women during the middle adulthood stage. It happens over several years with the gradual ending of menstruation. It is important to remember the role of sex hormones in females – **Oestrogen** plays an important role in female sexuality and regulates ovulation. **Progesterone** is necessary for the implantation of fertilised eggs in the uterus, the maintenance of pregnancy and sexual health.



Task 1 – What are the symptoms of menopause?

Describe the PIES effects linking to middle adulthood – an example of each has been included.

Physical development	Intellectual development	Emotional development	Social development
Skin loses elasticity	Decline in memory	Life experiences	Join clubs to stay engaged such as book club or gym

Task 2- Life events

A life event is an incident or experience that has had a major impact on an individual's life and personal development. Some events are expected – going to school, leaving home, moving house, marriage/partnership and Some events are unexpected – being in a car accident, redundancy, death of someone close and retirement. Research into the Holmes-Rahe Social adjustment rating scale, this was a study produced by Thomas Holmes and Richard Rahe. They believed there was a correlation between psychological illness and stressful events. The result of the study found there was a correlation between the number of stressful events the individual has experienced and illness.

Evaluate the effects of 2 predicted life events (e.g. starting school) and 2 unpredictable life events (e.g. winning the lottery) and explain how these experiences could impact on an individual's life and development (PIES). You must link Holmes- Rahe Social Adjustment Rating to your evaluation.