

# HUMAN GROWTH NOTES

## Concepts in Human Growth and Development

### Stages of growth and development

Prenatal	During pregnancy
Infancy 0-1 yrs.	Neonate (birth- 1 month) Infancy 1 month- 1 year
Early childhood	Toddler (1-3 yrs.) Preschool (3-6 yrs.)
Middle childhood	6-12 yrs.
Adolescent	13-18 yrs.
Adulthood	Young (20-40 years) Middle (40-65 years) Older (65 years)

### Principals of human growth and development

- Growth is an orderly process, occurring in systematic fashion (growth is predictable)
- Rates and patterns of growth are specific to certain parts of body (sometimes some body parts like feet grow faster than others)
- Growth and development are influenced by multiple factors (environment, genes, sociocultural and socioeconomic status, nutrition)
- Development occurs in cephalocaudal (head to toe) and Proximodistal progression (centre to exterior)
- There are critical periods of growth and development (adolescents= increase hormones, experience growth in height, weight, voice changes)
- Development continues throughout individuals life span (development declines as we age, but can't still develop i.e. 90 yr. old's can still develop brain cells)

### Assumptions of studying human growth and development

- Scientific, development approach that focuses on human development
- Neither heredity nor environment alone can account for the full range of human development
- Every period of life contains potential for growth and decline in abilities

### Basic forces on human development

Biological	Genes, hormones, internal factors
Psychological	Internal drivers
Sociocultural	Religion, family structure

## Influencers of human development

- History graded influences: happened in the past that changes processes i.e. 9/11 a traumatic event that changed the world in terms of safe living, travel etc
- Age-graded influences= puberty, menopause
- Sociocultural graded influences= religion, marriage (can lead to weight gain\_
- Non-normative life event= parents passing, accident something unexpected

## Key issues in lifespan development

Continuous change	Discontinuous change
Change gradual Achievements at one level build upon previous	Change occurs in distinct steps ( <b>puberty</b> ) Behaviour processes are qualitatively different at different stages
Critical periods	Sensitive periods
Emphasized by early developments Certain environmental stimuli are necessary for normal development <b>Irreversible like extra chromosome = disease</b>	Current emphasis in lifespan development People are susceptible to certain environmental stimuli, but consequences of absent stimuli reversible <b>i.e. deaf baby, hearing aids= minor impediments/ effects</b>
Lifespan approach	Focus on particular periods
Current theories emphasize growth + change though out life, relatedness of different periods	Infancy and adolescence emphasized by early developmentalists as most important periods
Nature (genetic factors)	Nurture (environmental factors)
Emphasis on discovering inherited genetic traits and abilities	emphasis is on environmental influences that affect a person's development

## Physical activity and exercise

Physical activity	Bodily movement which requires energy expenditure i.e. walking
Exercise	Physical activity which is done regularly with goal of improving fitness/health
Physical inactivity	4 <sup>th</sup> highest cause mortality worldwide (3.2 bil deaths annually) WHO considers it pandemic  Increases with age due to soreness/pain, reduced mobility

## The idea of constraints

- Potential of movement revolves around 3 factors: tasks, environment, individual

Task	Some things the task limits how to do it
Environment	External (weather), physical and sociocultural factors
Individual	Physical (5-year-old can't hit tennis ball due to lack strength) and behavioural factors (I don't play tennis because I'm bad at it)