

2.1.1 (a) (b) (c) Human Development Across the Life Cycle



For the exam, you will need to know and understand how individuals grow and develop throughout the life cycle.

Life stages across the life cycle

The main life stages:

- Infancy 0-2 years
- Childhood 3-12 years
- Adolescence 13-19 years
- Adulthood 20-64 years
- Later adulthood 65+ years

Remember- Each of these life stages are associated with various physical, intellectual, emotional and social changes.

Expected milestones of growth and development

Some changes are more significant than others and these are called milestones.

Milestones can sometimes be referred to as ‘norms’ and can help show what most children can do at particular ages.

*However, all individuals will develop in their own unique way and there will be lots of differences.

Gross motor skills are movements that use large muscle groups such as the head and torso. For example, running and jumping.

Fine motor skills are precise and sophisticated movements that require the co-ordination of small muscle groups such as those in the fingers, for example gripping an object.

Growth and Development

Growth = refers to an increase in physical size (mass and height). Growth is measurable.

Development = the emergence and increase in sophistication of skills, abilities and emotions. e.g. making new friends is social development, bonding is emotional development.

To measure growth in infancy, 3 measurements are used:

- Weight
- Length
- Head circumference

