

Name: \_\_\_\_\_

# Health and Human Development—Unit 1

Human Development of  
Australia's Youth

## Area of Study 1

**The health and development of Australia's youth.**

Individual human development is a constant process that starts with conception and ends with death. The youth stage of the lifespan is one of great change and significant development. Having an understanding of the development that occurs during this stage can provide an insight into the triumphs and challenges experienced by many youths.

Key knowledge and skills

### Knowledge:

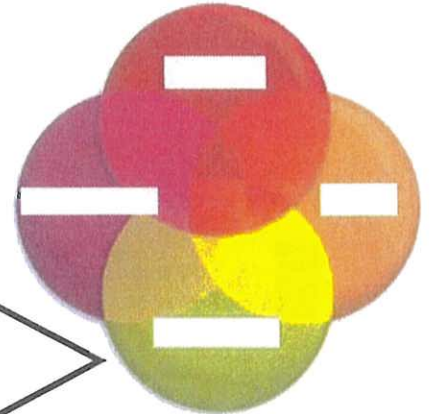
\*\* Definitions of physical, social, emotional and intellectual development.

\*\* Characteristics of, and interrelationships between, physical, social, emotional and intellectual development during the lifespan stage of youth.

### Skills:

\*\* Define human development.

The four areas of individual human development.



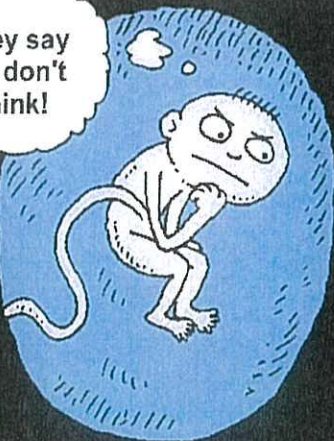
## What's ahead?

- 1.1 The human lifespan: an overview
- 1.2 Exploring individual human development: Physical
- 1.3 Individual human development during youth: Physical
- 1.4 Exploring human development: Social
- 1.5 Exploring individual human development: Emotional
- 1.6 Exploring individual human development: Intellectual
- 1.7 Exploring the interrelationships between the areas of individual human development
- 1.8 The impact of biological determinants on youth development

**Key Skills**

**Chapter Summary**

They say  
we don't  
think!



# Human Development

Stage	Age	Characteristics
		Starts when sperm fertilises egg. Growth and development of all major organs.
	0-2 years	
		Learn social skills, toilet trained and eats on their own.
Late childhood		Reading and writing skills and understands gender stereotypes.
Youth		
	19-40 years	
		Stability in work and social relationships, physical signs of aging and menopause in women.
Late adulthood		

Fill me in...

Key Terms

1.1 Pages 4–8

Case Study: Bedtimes could pinpoint the end of adolescence Q 1-3

Test your knowledge: 1, 2 d, 3-6

Apply your knowledge: 8-11



# Physical Development

Physical Development refers to changes that occur to the body and its systems.

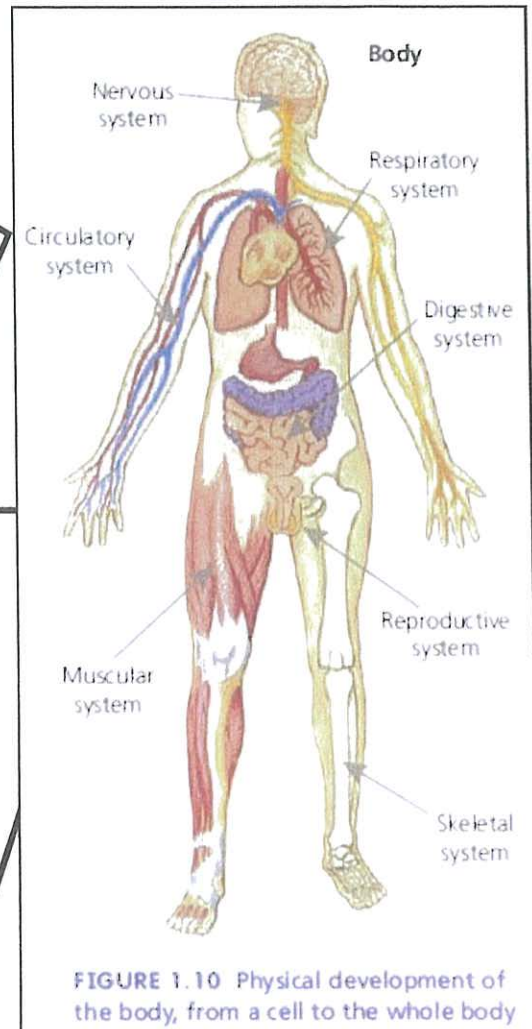
It includes:

- \* Growth
- \* Changes to body systems
- \* Motor skill development.

Define Motor Skills:

Gross motor skills:

Fine motor skills:



Draw figure 1.9 (page 9) here:

**1.2 Pages 9-11**

Test your knowledge: 1-5

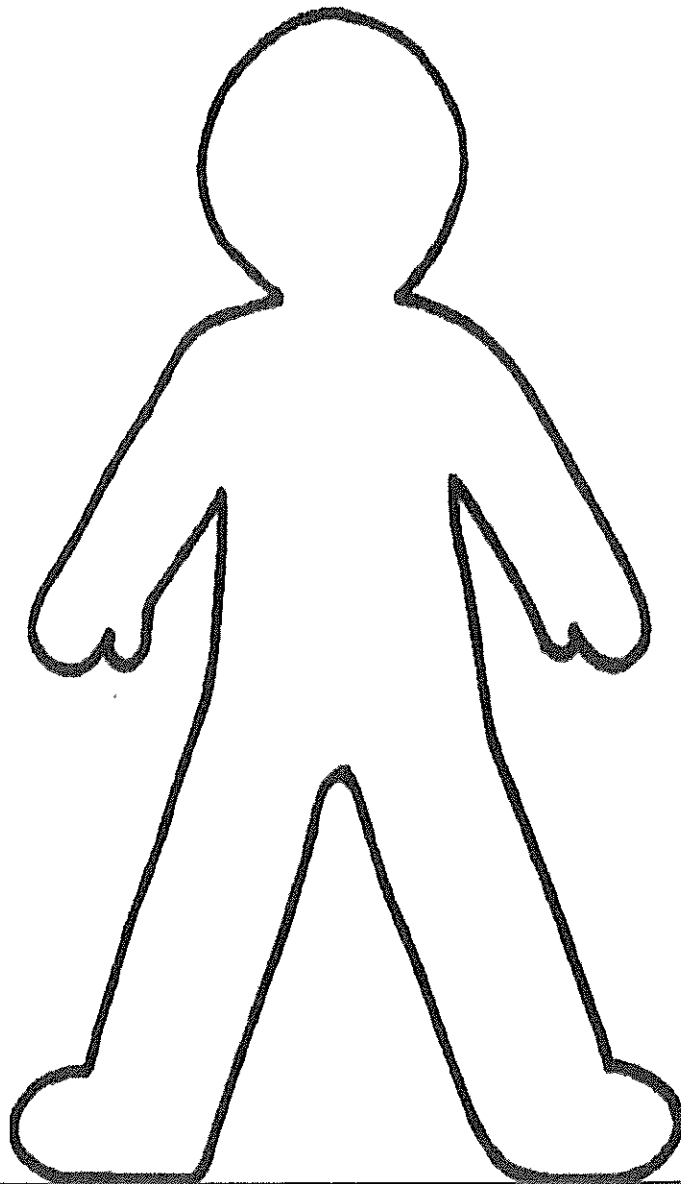
Apply your knowledge: 7

Decline of body systems: This is a normal part of aging, where individuals reach their physical peak in 20s-30s and then decline at a rate of 2% per year. Most changes are predictable, but there are variations in some people because of:

- \*
- \*

# Physical development during youth

Annotate this diagram  
with the changes that  
occur during puberty



1.3 Pages 15-16

Test Your Knowledge 1—4

Apply your knowledge 5—9