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.

**Knowledge:**
- Definitions of physical, social, emotional and intellectual development.
- Characteristics of, and interrelationships between, physical, social, emotional and intellectual development.

**Skills:**
- Define human development.

**What’s ahead?**
- 1.1 The human lifespan: an overview
- 1.2 Exploring human development: physical
- 1.3 Exploring human development: social
- 1.4 Exploring human development: emotional and intellectual
<table>
<thead>
<tr>
<th>Stage</th>
<th>Age</th>
<th>Characteristics</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Starts when sperm fertilises egg. Growth and development of all major organs.</td>
</tr>
<tr>
<td>Infancy</td>
<td>0-2 years</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2-6 years</td>
<td>Learn social skills, toilet trained and eats on their own.</td>
</tr>
<tr>
<td>Late childhood</td>
<td></td>
<td>Reading and writing skills and understands gender stereotypes.</td>
</tr>
<tr>
<td>Youth</td>
<td>12-18 years</td>
<td></td>
</tr>
<tr>
<td></td>
<td>19-40 years</td>
<td></td>
</tr>
<tr>
<td>Middle adulthood</td>
<td></td>
<td>Stability in work and social relationships, physical signs of aging and menopause in women.</td>
</tr>
<tr>
<td>Late adulthood</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1.1 Case Study: Bedtimes could pinpoint the end of adolescence.
Test your knowledge: 1, 3, 4, 5
Apply your knowledge: 7, 8
Physical Development refers to changes that occur to the body and its systems.

It includes:
- External changes (height).
- Internal changes (increase in size of heart).
- Growth and motor skill development.

Draw figure 1.9 (page 9) here:

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:
- 
- 

Test your knowledge: 1-5
Apply your knowledge: 7
Social Development refers to:

1.3
Case Study: Gone to the dogs—the girl who ran with the pack.
Test your knowledge: 1.2
Apply your knowledge: 3-5

Complete the diagram
(fig 1.13, page 11)
## Emotional and Intellectual Development

<table>
<thead>
<tr>
<th>Development</th>
<th>Definition</th>
<th>Summary of aspects of development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional</td>
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<tr>
<td>Development</td>
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<tr>
<td>Intellectual</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Development</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Summarise the interrelationships between the four dimensions of development:

1.4

Case Study: Identity
Test your knowledge: 1-4
Apply your knowledge: 7

What are developmental milestones?