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SEARCH

SPORT EDUCATION FOR ACTIVE
AND RESPONSIBLE CITIZENSHIP
THROUGH HEALTH CARING



MODULE 2

**ENCOURAGING
SPORTS PRACTICE
FOR ONE'S OWN
PSYCHO-PHYSICAL
WELLBEING AND
TO CONTROL
NATIONAL SOCIAL
AND HEALTH COSTS**



SEGMENT 2

Human Lifespan and Development

Lifespan Development

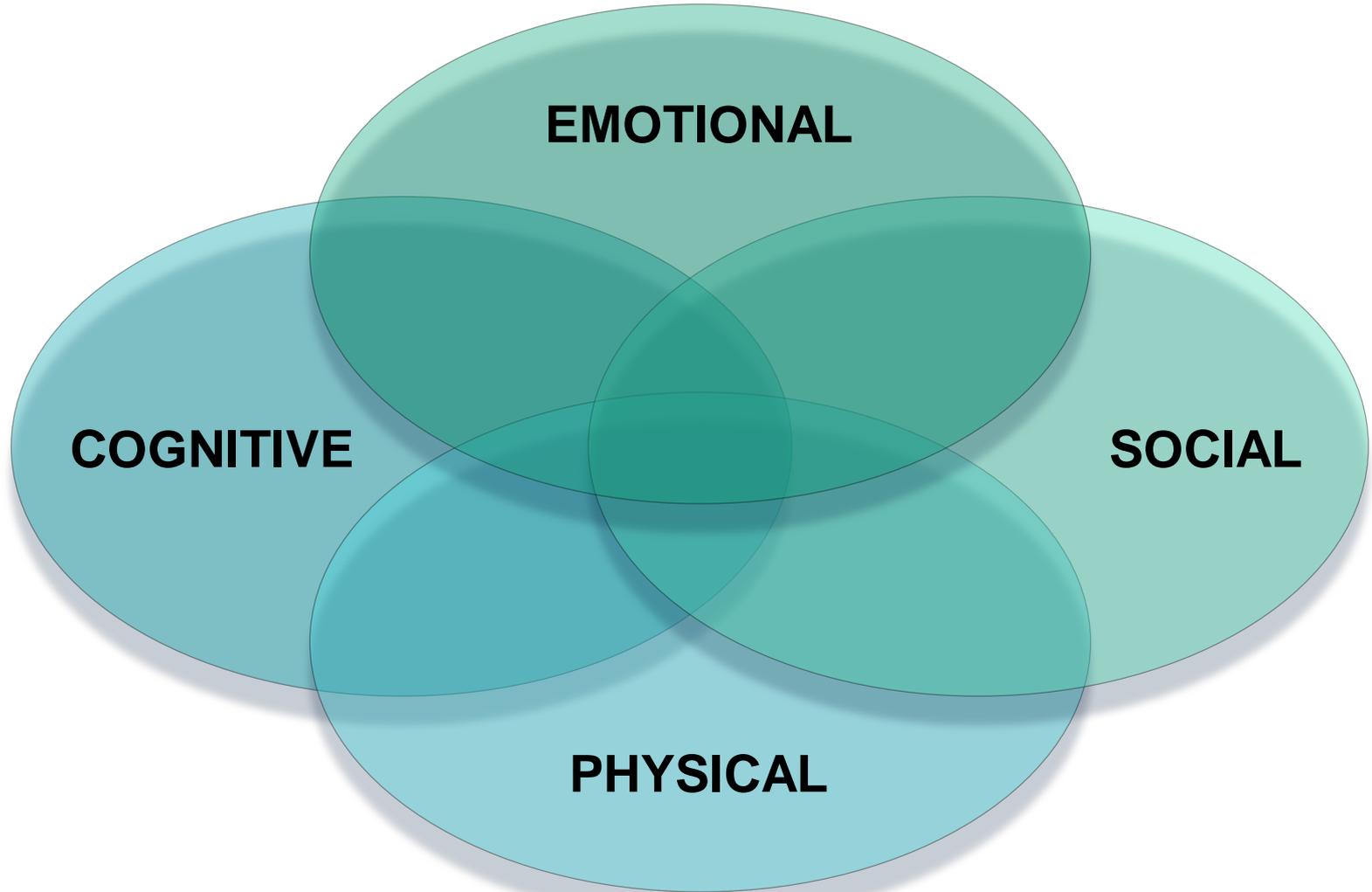
- Age related changes that occur from birth through to old age
- Psychology of life span psychology aim to understand, describe, explain and predict our thoughts, feelings and behaviours.
- A development must be a change that is **permanent**

Stages:

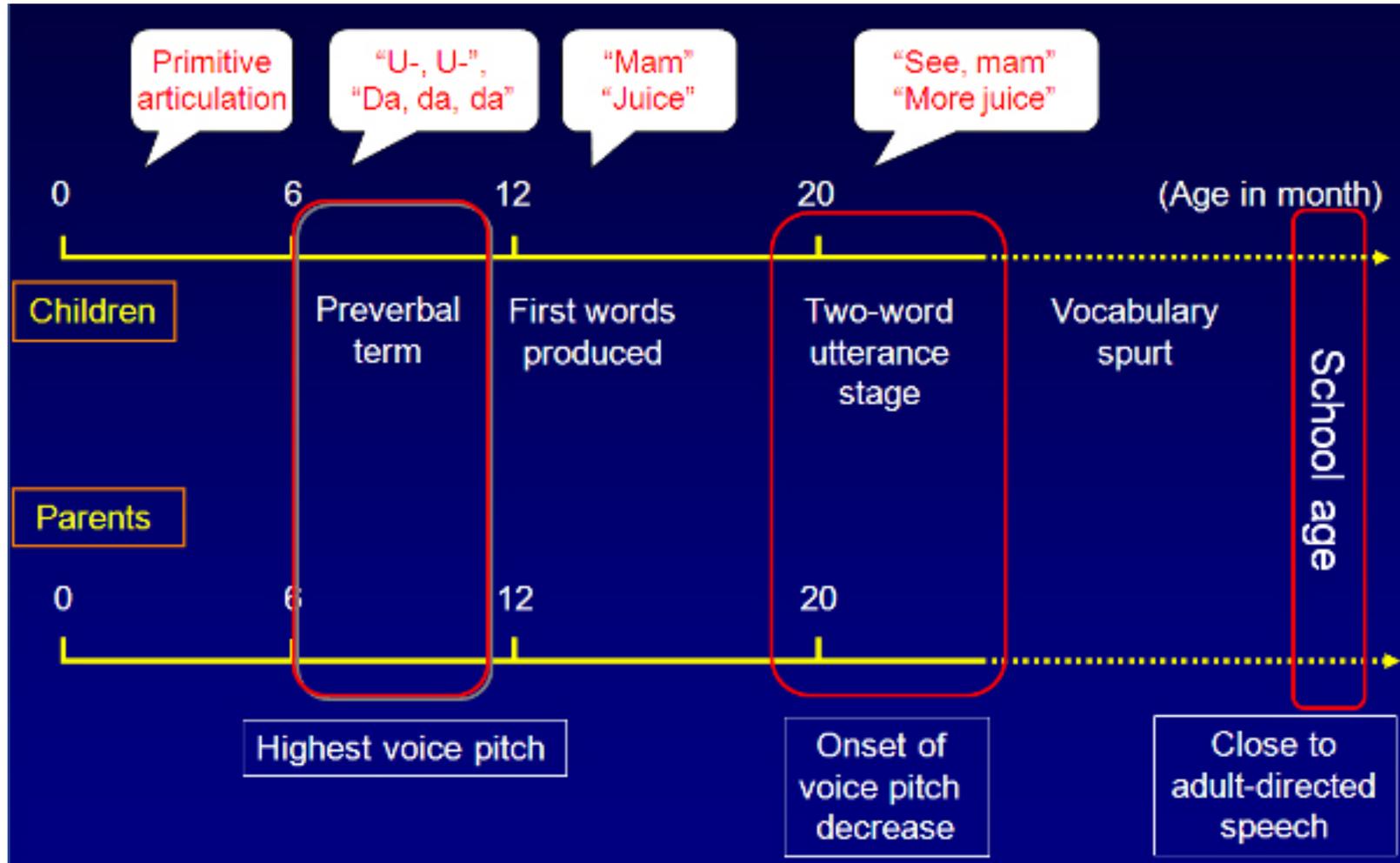
- Infancy – birth to 2 years
- Childhood – 2 to 10 years
- Adolescence – 10 to 20 years
- Early adulthood – 20 to 40 years
- Middle age – 40 to 65 years
- Older age – 65 years and beyond



Types of Changes

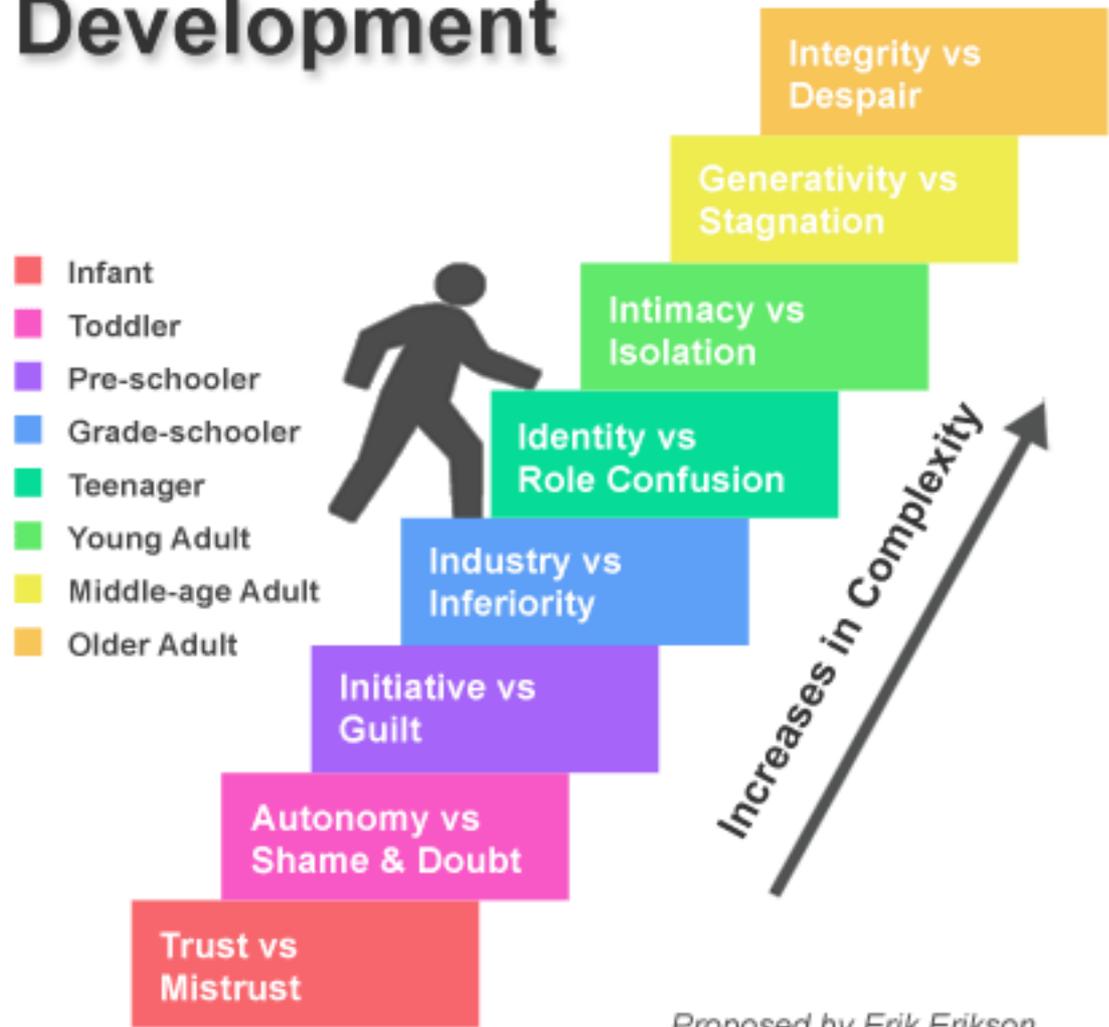


Cognitive – e.g.: Language



Social & Emotional

Stages of Psychosocial Development

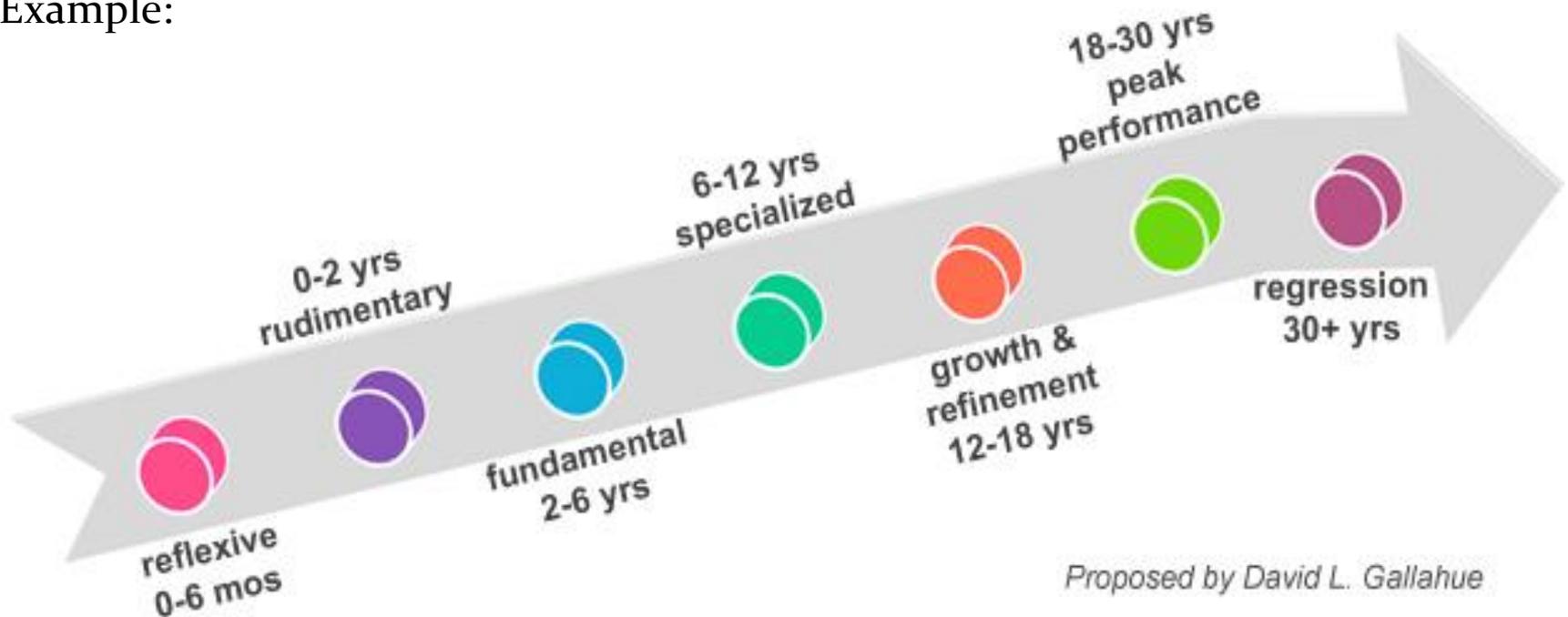


Proposed by Erik Erikson

Movement & Coordination

Stages of Physical Development

Example:



A Poetic Summary of Child Development



Cognitive Development



Socio-Emotional Development



Physical Development

Infants

I feel and taste all that I touch... since my senses help me learn so much.

I babble, coo and ga-ga goo... but scream and cry if I don't know you.

I kick my legs and bat my arms... and reach for cheery, dangling charms.

Toddlers

I speak 300 words fluently... and point to body parts if you tell me.

I change the rules to games I play... so I can always have my way.

I run, jump, stumble and fall... without knowing I'm in danger at all.

Pre-Schoolers

I like to talk all the time... and amused by words when they rhyme.

I am independent and don't need help... so let me be - I can do it myself!

I like to pretend and imitate... the things adults do and make.

Grade-Schoolers

Two plus two equals four... and I know that eight is just four more.

I like to play with my best friends... but very sad when a friendship ends.

I can run and jump more steadily... and dance like the star I want to be.

A Poetic Summary of Child Development



Cognitive Development

Life is stranger than I thought... more dynamic than what I was taught.



Socio-Emotional Development

I wonder if my peers like me... and if they'll approve of what they see.



Physical Development

I've grown so fast in recent years... and changing more as puberty nears.

Pre-Teens

Teenagers

Young Adults

I can view life in an abstract way... but don't believe what my parents say.

Mom and Dad told me so... I wish I would have just said no.

I want to spend more time with you... tell me if you like me too.

I don't see my friends that much... we're all too busy to stay in touch.

My body is now fully mature... taller and wider than ever before.

My body has changed yet again... putting on weight from the food I put in.

How we Develop

Continuously

OR

Discontinuously

- Gradual
- Built on basic skills – a beginning and an end

- Distinct, separate stages
- Ways of thinking, feeling, interacting can have a start & finish

Sequentially

- Abilities to think, feel, interact tend to develop in a set order, from simple to complex

Individual Differences in Development

- Two individuals never develop at exactly the same rate or in exactly the same way, even if they are identical twins



What does that tell us about 'Nature vs Nurture'?

Hereditary & Environment

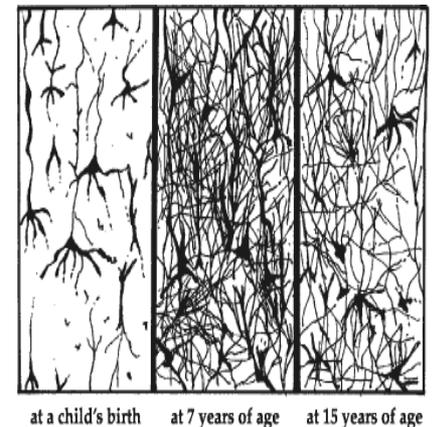
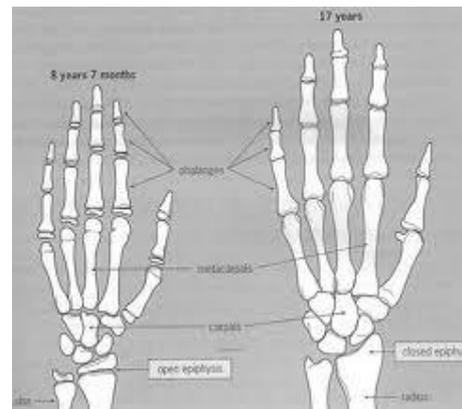
- Hereditary- characteristics are passed on from parents to off-spring via genes.
- Environment – all the experiences, objects & events to which we are exposed in our life times
- Heredity? Environment? Mixture of both?



Maturation

- Sequential changes in the nervous system & other bodily structures
- Automatic, internal
- Controlled by our genes
- 'Principle of readiness'
 - Nerves, bones, muscles need to be developed enough for the behaviour to occur

Examples of Maturation:



Examples of Maturation Developments

- Sit before stand
- Sounds before words
- Adding numbers before starting algebra
- When should a child start school?

• www.theage.com.au/articles/2002/05/29/1022569786596.html

Sensitive Periods

- Periods of rapid change when individual is more vulnerable to the environment
- E.g.: second 6 months of life sensitive to attachment
- E.g.: 1.5-3 years sensitive to language acquisition

Keywords

Lifespan

Emotional

Cognitive

Physical

Social

Nature

Hereditary

Environment

Maturation

Sensitive Periods