

Nova's Human Body Discovery Flashcards

Learning objective: To identify and describe the stages of the human life cycle and understand the growth and development of the human body.

Read each flashcard carefully. Nova the Owl wants to know if you can identify the key stages of human development and the changes that occur from infancy to old age.

What is Infancy?

The earliest stage of human life, from birth to approximately two years old, where a baby relies entirely on caregivers for survival and begins to develop basic motor skills.

Define Childhood.

The developmental period following infancy, typically lasting until the onset of puberty, characterised by significant physical growth, language acquisition, and social learning.

What is the biological significance of Puberty?

A process of physical changes during adolescence where a child's body matures into an adult body capable of reproduction, triggered by hormonal shifts.

What occurs during the Adolescence stage?

The transitional phase between childhood and adulthood, involving rapid physical, emotional, and psychological changes as a person gains more independence.

Define Adulthood.

The stage of life where physical growth is typically complete, and an individual takes on full responsibility for their life, career, and personal decisions.

What is Gestation?

The period of time between conception and birth during which an embryo or foetus develops inside the mother's womb.

How does the human body change in old age?

The body systems may slow down, skin loses elasticity, and individuals may experience reduced physical strength or slower reaction times as part of the natural ageing process.

Explain the difference between 'Growth' and 'Development'.

Growth refers to the physical increase in size or mass of the body, whereas development refers to the gaining of new skills, cognitive abilities, and emotional maturity.

Why do humans require more energy during adolescence?

The body undergoes a 'growth spurt' where bones lengthen and muscles develop, requiring high levels of nutrients and energy to fuel these rapid physical changes.

What is the role of the skeleton during human development?

It provides structural support and protection for organs; it grows in size and density throughout childhood and adolescence to support the changing mass of the body.