

Title – Physical development through adulthood

Activity:

Write down one “physical change” that happens in each of the previous 3 life stages. Clearly identify each life stage.

Are you ready to learn?

Books, planner and Pens out ready to learn .



Stretch it:

Describe the changes that you think take place in the “adulthood” life stage.

Complete in Silence Please

Big Question: What is the physical development that takes places during the adulthood life stage?

To secure an understanding by identifying what physical development in adulthood means.

To further develop an understanding by explaining what type physical development takes place through adulthood and how it is measured.

To achieve excellence by applying knowledge to a case study.



*Physical
Milestones*

Physical development during adulthood

Early Adulthood (19-45 yrs)

- Adults reach physical maturity. Considered to be at the peak of their strength
- Females may become pregnant and the body changes during pregnancy. These are internal and external, as the body adjusts to the foetus.
- Lactation begins in preparation and continues after the birth of the baby. Breasts will change in size and shape

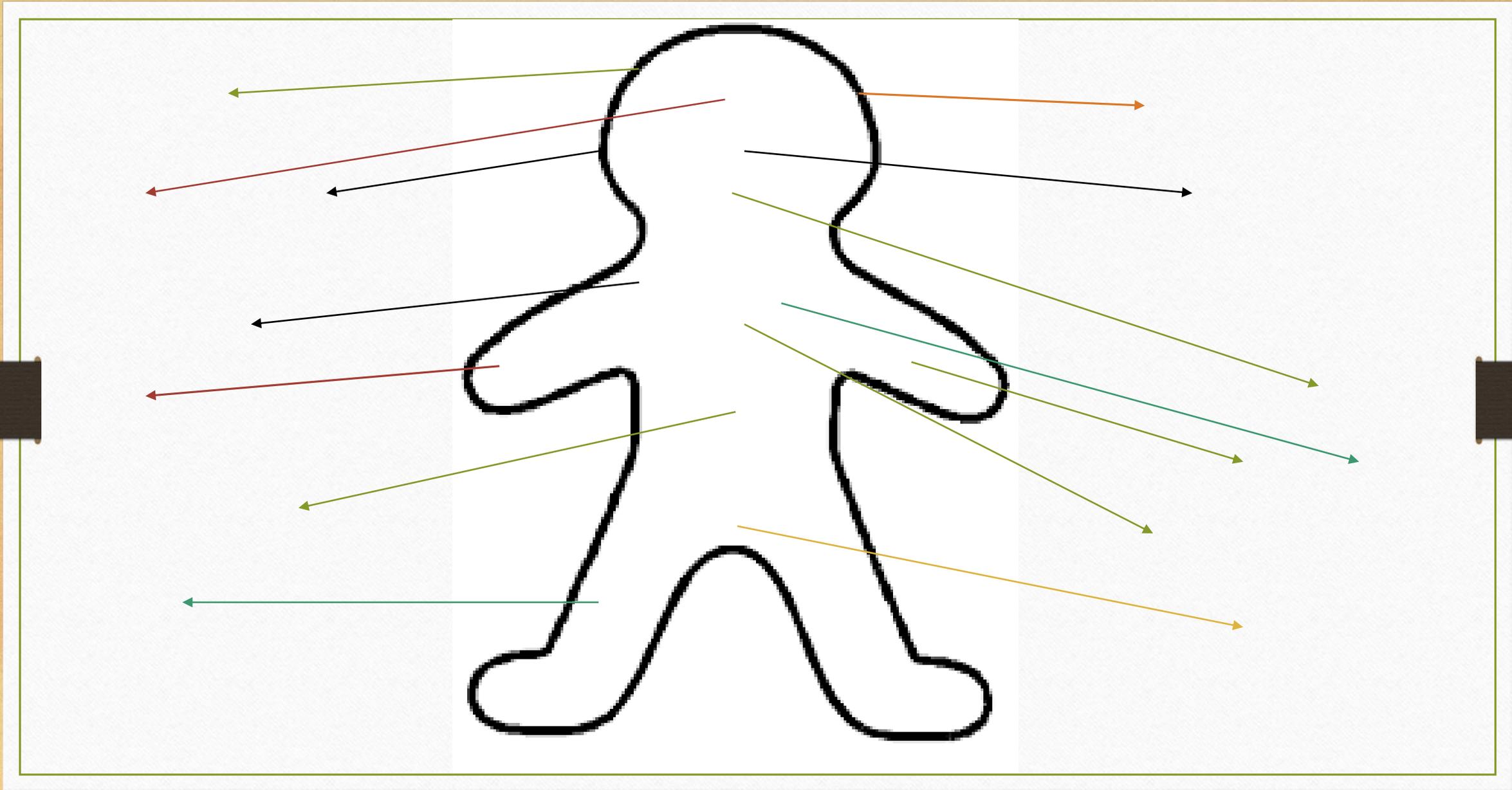
- Towards the end of early adulthood **perimenopause** often occurs. This is the stage **before the menopause**. Duration (time) can vary from woman to woman.
- Peri-menopause is caused by a drop in oestrogen and is when the **ovaries** stop producing eggs each month. This causes physical and emotional symptoms. This may cause symptoms: **hot flushes, night sweats, mood swings**.
- Hot flushes are the most common. If they happen at night then they are called night sweats and can disrupt sleep.
- A drop in oestrogen may also caused mood swings, irritability, sadness and difficulty in concentration.

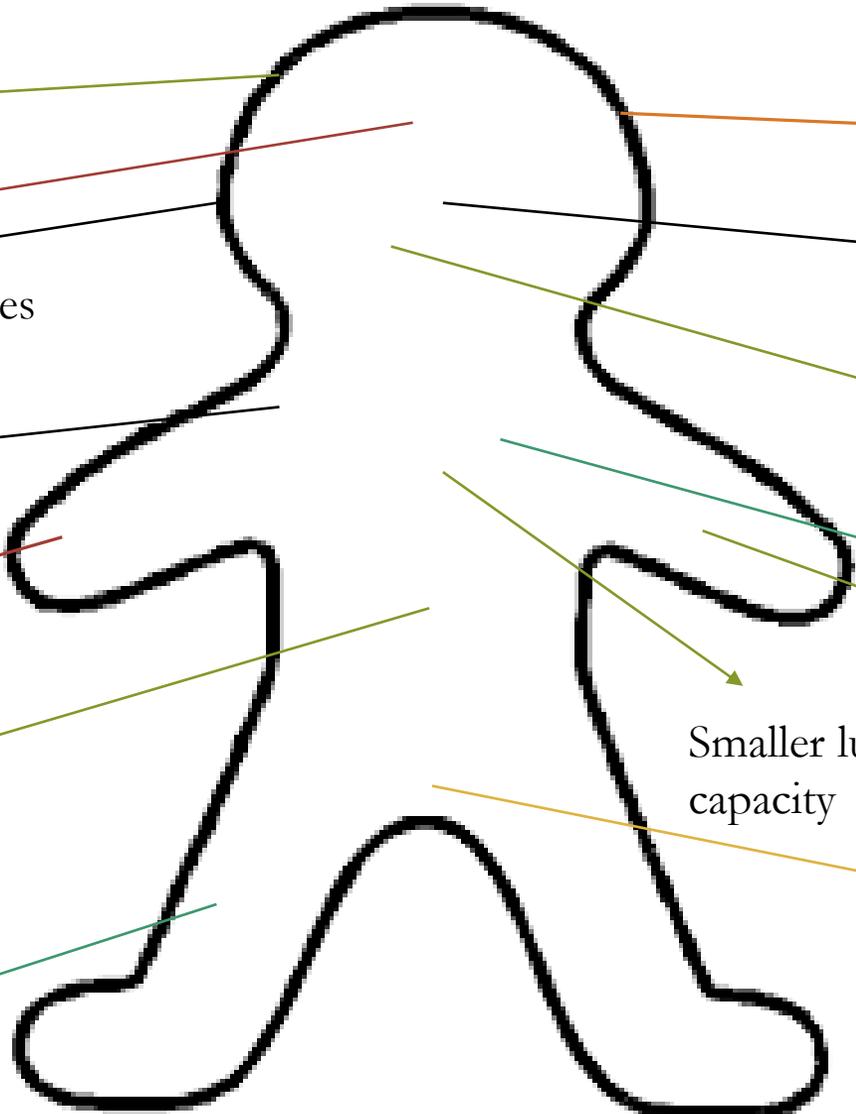
Middle adulthood (46-65 yrs)

- Women will experience menopause- no periods, cannot get pregnant
- The peri-menopause stage is when the body is adjusting to the drop in hormones and the menopause start date is the date of the last period. Now there is a continual decrease in oestrogen and the ovaries no longer release an egg each month.
- Similar symptoms as the peri-menopause may occur
- Some women try Hormone Replacement Therapy (HRT) and some try other therapies
- Generally as adults get older they experience signs of ageing (grey hair, loss of muscle tone and strength, men may notice hair loss, some people may put on weight easily)

Later adulthood (66+)

- Many effects of ageing!!
- Physical health as well as intellectual abilities deteriorate.
- Wrinkles, hair loss, weaker limbs, mobilising slower, more illnesses as body systems slow down.
- Intellectual ageing: forgetting names of people, misplacing items, forgetting to do things.
- Gross and fine motor skills may become more difficult and some people experience the loss or deterioration of their senses





GREY HAIR

WRINKLES

Eyesight deteriorates

Hearing deteriorates

Sense of smell weakens

Joint pain

Taste buds weaken

Poorer hand-eye co-ordination

Digestive system slows down

Smaller lung capacity

Less toned muscles

Heart muscles weakens

Slower mobility

Weaker bladder

ALL THESE CHANGES HAVE CONSEQUENCES!!!



10 minutes in silence!

Describe the **PHYSICAL** symptoms of
peri-menopause

Challenge: summarise the changes
happening to the body in later adulthood