

Child and Adolescent Learners and Learning Principles

Basic Concepts on Human Development

Lecture Notes

Human Development

Definition:

- The pattern of movement or change that begins at conception and continues through life span
- Includes growth and decline
- Can be positive and negative

Principles:

1. Development is **relatively orderly**.

- **Proximodistal Pattern**

- Occurs **from the center or core of the body in an outward direction**. It consists of the tendency for growth to start at the **center of the body and work its way outward, toward the extremities**. Thus, the **spine develops first in the uterus, followed by the extremities and finally fingers and toes**.
- The muscular control of the trunk and the arms comes earlier as compared to the hands and fingers.

- **Cephalocaudal Pattern**

- Refers to the **growth and development that occurs from the head down**. It consists of **development starting from the top of the body and working its way down**. What this means is that the **development of the head and brain tends to be more advanced than the rest of the body**.

2. While the pattern of development is likely to be similar, the outcomes of developmental processes and rate of development are likely to vary among individuals.
3. Development takes **place gradually**.
4. Development as a process is complex because it is the product of biological, cognitive and socio-emotional processes.