

Health science

Study guide

Unit 1 Health and well-being

The world health organization (WHO) describes health as “a state of complete physical, mental and social well-being and not merely the absence of disease or illness.”

The dimensions of health

PHYSICAL HEALTH

Refers to any physical aspect of health. Can include diseases and disorders or fractures and other physical injury's.

SOCIAL HEALTH

Refers to the ability to build and keep relationships. You must have good communication skills.

MENTAL HEALTH

Refers to the functioning of the brain. This includes how we think feel and act.

EMOTIONAL HEALTH

Refers to feelings and emotions. Can be confused with mental health.

Factors that contribute to our health

Physical health	Eat a healthy balance diet and keep a healthy body weight	Get enough physical activity and get enough sleep	Stay hydrated and avoid harmful substances
Social health	Spend time with friends and family	Keep positive	End negative relationships
Mental health	Work productively	Contribute to your community	Take time to relax and de-stress
Emotional health	Exercise	Strengthen connections	Be mindful

Human growth and development

Human development is a process that happens continuously throughout life. The human cycle is divided into different stages.

FOETAL DEVELOPMENT

Starts before a baby is even born. Starts as an embryo and develops into a foetus in the womb.

INFANCY

From birth to two years old. Huge changes during this time. Brain development is very fast.

CHILDHOOD

Two stages

Early childhood 2-6

Older childhood 7-11

Motor skills develop a lot

ADOLESCENCE

The period of change between childhood and adulthood. Everyone goes through puberty, although it's different lengths of time for each person.

ADULTHOOD

Starts between 17 & 19 and lasts until 64

Two stages

Young adult 18-44

Middle-aged 45-64

OLDER ADULTS

Aged 65 +

They will notice a decline in certain areas the speed of decline depends on how they lived over the years

