

Alexy Maurice

Human Growth & Development

Professor Maret

Unit 3

Chapter 7

RQ. Physical changes occur in the middle and late childhood developmental periods. Children tend to grow in height from 2 to 3 inches until they are 11 years in age. Their weight begins to increase to about 5 to 7 pounds a year. Also, their muscle mass and strength tends to increase. The physiological changes that occur in the middle and late childhood developmental periods are the structural changes in the brain that include connections between the prefrontal cortex and neural networks. Also, their motor development begins to improve and they begin to perform activities such as tying shoes, fixing clothes, using pencils, and having more precision.

2. If I were a parent of a child who wants to compete in sports I would evaluate the pros of participation in high-pressure sports as it lowers blood pressure, beneficial to memory and attention span, goal directed thinking, creativity, and beneficial to academic work. The cons of participation in high-pressure sports is that children are more prone to screen time, obesity, and negative sleep patterns.

3. The consequences of childhood obesity are high blood pressure, negative eating habits, low activity levels, diabetes, high cholesterol levels, risk for cardiovascular disease, etc. It is an especially difficult time for a child to be obese in middle and late childhood because they tend to

have low self esteem. Also, they are teased more by their family and peers in school which can be very difficult for them to endure at such a young age.

4. The challenges of teaching children with disabilities in regular classrooms are that they are different so it can be more difficult for them to comprehend and communicate properly with the teacher. Children with disabilities tend to need more effort in learning or they learn differently than the average child would. Having an inclusion in the classroom may not be beneficial for the child because they aren't learning to the best of their abilities.

5. Concrete operational thought, according to Piaget is children from ages 7 to 11 who are able to reason logically with having specific reasoning that can be applied to examples. Some examples of characteristics of concrete operational thought are a child identifying the same amount of clay in two different forms, and they are able to notice the characteristics of it. Also, the family tree is an example in which a concrete operational child is able to identify the complexities of a family member and their roles.

Chapter 8

15. Developmentalists measure self-esteem by allowing children to make their own self observations on specific things in their lives. They also tend to use perspective talking which is a social cognitive process that involves understanding thoughts and feelings in another perspective. The factors that influence the self-esteem of children are to identify the target of the low self esteem, provide the right emotional and social support to the child, help in assisting children to achieve, and showing the children healthy coping strategies with their problems.

19. The concept of a gender-role stereotype are categories of general influences and beliefs of boys and girls. For example, boys are stereotyped as being aggressive, powerful, and independent. While girls are stereotyped as being emotional, nurturing, and dependent. Gender role stereotypes tend to occur in children and adults.

20. The differences between the sexes are that males are 10 percent taller than females, have twice the risk of coronary disease, have larger brains than females, better visuospatial skills, etc. Women have twice the body fat than men, have longer life expectancies, less likely to develop physical and mental disorders, have more activity in emotional expression, outperform men in reading and writing. The similarities between both sexes are that they have some of the same traits and their brains are mostly similar to one another.