**BTEC Level 3**

**Subsidiary/Diploma in**

**HEALTH & SOCIAL CARE**

UNIT 1

DEVELOPMENT THROUGH THE LIFE STAGES-

Name : ……………………..

Target Grade ……………….

Current Grade ………………

**September – December 2016**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Pass** | **Merit** | **Distinction** | Attempted | Complete |
| P1 – Produce a series of posters that describe physical, intellectual, emotional and social development for each of the life stages of an individual | M1 : Write a report that discusses the nature – nurture debate in relation to the development of the individual | D1 : As a conclusion to your report, evaluate how nature and nurture may affect the physical, intellectual, emotional and social development of 2 stages of the development on an individual | P1  M1  D1 |  |
| P2 – Using examples from someone’s life, explain the potential effects of 5 different life factors on the development of an individual |  |  | P2 |  |
| P3 : Using further examples from someone’s life, explain the influences of 2 predictable and unpredictable major life events on the development of an individual |  |  | P3 |  |
| P4 : Write an informative leaflet that explains two theories of ageing | M2 : Write a report that discusses 2 major theories of ageing in relation to the development of an individual | D2 : In your report, evaluate the influence of 2 major theories of ageing on health and social care provision | P4  M2  D2 |  |
| P5 : Produce a leaflet that explains the physical and psychological changes which may be associated with ageing | M3 : Produce an informative leaflet that discusses the effects on self- esteem and self – confidence of the physical changes associated with ageing |  | P5  M3 |  |

**Health and Social Care**

UNIT 1

DEVELOPMENT THROUGH THE LIFE STAGES

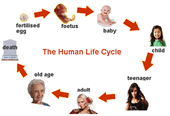
**P1**

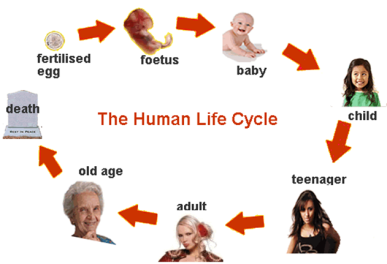
Produce a series of posters that describe physical, intellectual, emotional and social development for each of the life stages of an individual

***P1 : Produce a series of posters that describe physical, intellectual, emotional and social development for each of the life stages of an individual.***

* **What are the Life Stages?**

|  |  |  |
| --- | --- | --- |
| **Life Stage** | **Age** | **Features** |
| **1**  Conception |  |  |
| **2** | 9 months to birth |  |
| **3** |  | Attachment to careers |
| **4**  Childhood |  |  |
| **5** | 10-18 Years |  |
| **6** |  | The right to vote and manage one’s own financial affairs, happens at 18. |
| **7**  Later Adulthood |  |  |
| **8** |  | Physical decline – going downhill! |

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**Definitions you need to know.**

* Life Expectancy is : ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..
* Life Course is :

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* Growth :

Is the term used to describe an increase in quantity. For example height and weight increase as you get older.

* Development

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* Maturation

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* Development norms/milestones

An average set of expectations with respect to an infant of child’s development. For example what you expect them to be able to do at certain stages of their life.

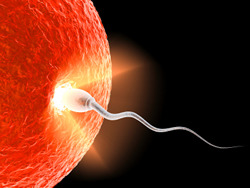
* Delayed Development

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* Holistic Development

Where life is looked at a a whole not as 4 separate categories of social, physical, emotional and intellectual. This is because they are all related and interact with each other.

**Tips for P1**

* Take each of the 8 life stages and do 4 different boxes or sections on the poster and describe the physical changes, emotional, social and intellectual changes.
* Add pictures, graphs and charts to show what you mean
* By the end you ill have 8 posters
* **Life Stage 1 – Conception**

**Age :**

Physical Development

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Emotional

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Social

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Intellectual ………………………………………………………………………………………………………………………………………………

Now create a leaflet including this information and pictures, graphs and charts to show what you mean

* **Life Stage 2 – Pregnancy**

**Age :**

Physical Development

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Emotional ………………………………………………………………………………………………………………………………………………

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Intellectual

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Now create a leaflet including this information and pictures, graphs and charts to show what you mean

* **Life Stage 3 – Birth and Infancy**

**Age :**

Physical Development

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Now create a leaflet including this information and pictures, graphs and charts to show what you mean

* **Life Stage 4 – Childhood**

**Age :**

Physical Development ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

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* **Life Stage 5 – Adolescence**

**Age :**

Physical Development

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Now create a leaflet including this information and pictures, graphs and charts to show what you mean

* **Life Stage 6 – Adulthood**

**Age :**

Physical Development ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

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* **Life Stage 7 – Older Adulthood**

**Age :**

Physical Development ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

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* **Life Stage 8 – The Final stages of life**

**Age :**

Physical Development ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

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Now create a leaflet including this information and pictures, graphs and charts to show what you mean

**Example poster**

You do not have to do your posters like this, this is only a guide

PICTURE

**Social Developments**

The social developments of the older adulthood life stage include

PICTURE

**Physical Developments**

The physical developments of the older adulthood life stage include…..

**Emotional Developments**

The emotional developments of the older adulthood life stage include

**Intellectual Developments**

The intellectual developments of the older adulthood life stage include

**Life Stage 7**

**Older Adulthood**

* Age 65 onwards
* Key features : 65 is the current age where people receive their pension and retie

**Key words for Unit 1**

|  |  |
| --- | --- |
| Social | Anything to do with people |
| Emotional | To do with relationships and how you feel |
| Intellectual | To do with brain development and learning |
| Physical | Anything to do with changes in the body |
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**Health and Social Care**

UNIT 1

DEVELOPMENT THROUGH THE LIFE STAGES-CELEBRITY CASE STUDIES

**P2**

Using Examples from someone’s life, explain the potential effects of five different life factors on the development of an individual.

*P2 : Using Examples from someone’s life, explain the potential effects of five different life factors on the development of an individual*.

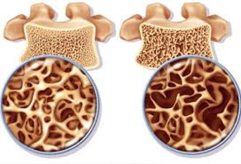
* **Life Factors : 1. Genetic Factors**
* **Cystic Fibrosis**

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* **Coeliac Disease**

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* **R**heumatic Disease

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* Brittle bone disease

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* Asthma

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* **Life Factors : 2. Biological Factors**
* Foetal alcohol syndrome

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* Infections during pregnancy

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* Effects of diet

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* **Life Factors : 3. Environmental Factors**
* Pollution

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* **Access to recreational facilities**

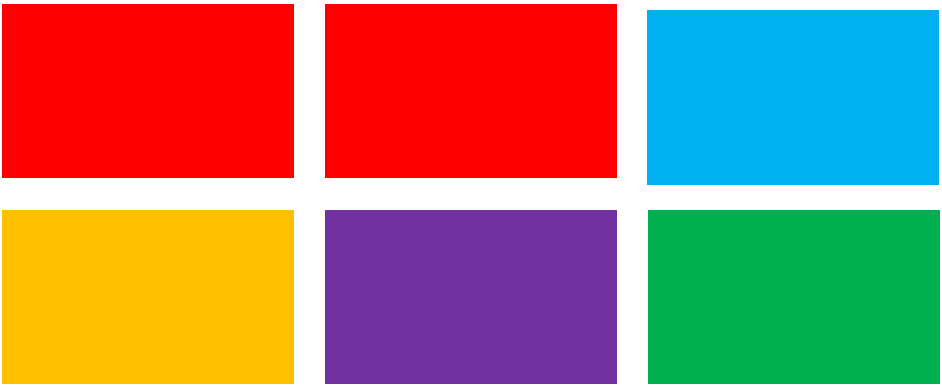
**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..……………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

* **Access to healthcare**

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..……………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

* **Bullying**

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

* **Bullying can include :**

****

* **Family**
* **A family provides :**
* .
* .
* .
* .
* **A dysfunctional family is ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..**
* **This could happen due to**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….**

* **Culture and beliefs**

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

* **Life Factors : 4. Socio Economic Factors**
* ****Socio – economic factors are to do with …………………………………………………………..
* Income and Expenditure
* Income comes from :……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………
* Social class, income and employment

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

* **Impact of low income**
* **Less chance of travel**
* .
* .
* Poor diet
* **.**
* **.Exposure to pollution**
* **Education**

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….**

* **Media/Peer groups**

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..**

* **Values and attitudes**

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….**

* **Life Factors : 5. Lifestyle factors**
* Nutrition and diet

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….**

* **Substance abuse**
* **Drugs**

**…………………………………………………………………………………………………………………………..…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….**

* **Alcohol**

**…………………………………………………………………………………………………………………………..…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….**

* **Smoking**

**…………………………………………………………………………………………………………………………..……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….**

**P2 Guidance**

*P2 : Using Examples from someone’s life, explain the potential effects of five different life factors on the development of an individual*.

* Do this in a report format – A4 pages of writing with sub heading for each of the 5 life factors.
* Example structure :

1. Introduction : what life factors are
2. Paragraph 1 : Explain the life factor eg : Genetic factors
3. Paragraph 3: Use examples to explain how this will impact the development of an individual

* Repeat numbers 2 and 3 for the other 4 life factors
* Finally add a conclusion

**Health and Social Care**

UNIT 1

DEVELOPMENT THROUGH THE LIFE STAGES-CELEBRITY CASE STUDY

**P3**

Using further examples, explain the influences of two predictable and two unpredictable life events on the development of an individual.

* **P3 Major life events**

*P3 : Using further examples, explain the influences of two predictable and two unpredictable life events on the development of an individual*

* **A predictable life event is ………………………………………………………………………………………..**
* **An unpredictable life event is …………………………………………………………………………………...**

**Predictable life events include :**

|  |  |  |
| --- | --- | --- |
| **Events that are predicted** | **Positive learning** | **Risk of stress** |
| 1. Starting school/nursery |  | Feeling unsafe – withdrawing from others. Loss of support from parents |
| 2. | Choosing a work role and having an income | Feeling pressured by new demands on time and mental energy. Loss of previous lifestyle |
| 3. Leaving home | Achieving independence |  |

|  |  |  |
| --- | --- | --- |
| 4. Leaving prison | Coping with the freedom and choice |  |
| 5. Marriage |  | Possible loss of independence |
| 6. | Attachment to infant. Learning parenting | Disruption of previous lifestyle |
| 7. Retirement | Controlling own life and disengaging from work | Loss of previous work roles. Difficulty establishing a new lifestyle |

**Unpredictable life events include :**

|  |  |  |
| --- | --- | --- |
| **Events that are often unpredicted** | **Positive learning** | **Risk of stress** |
| 1. | Learning to make new emotional attachments | Jealously and rivalry |
| 2. Redundancy – loss of Job | Learning to adapt to changes in income and lifestyle |  |
| 3.Illness and serious injury |  | Grief at loss of health. Anger or depression |
| 4. | Learning to cope with a new lifestyle | Grief, failure to adapt to a new lifestyle. |
| 5. Bereavement (death) | Learning to cope with loss |  |

* **P3 Guidance**

*P3 : Using further examples, explain the influences of two predictable and two unpredictable life events on the development of an individual*

* **Steps to take**

1. Choose 2 predictable events from the table

2. Explain how they could impact the development of an individual

3. Use examples

4. Choose 2 unpredictable events from the table

5. Explain how they could impact the development of an individual

6. Use examples

* **Structure**
* Do this in a report format – A4 piece of writing

1. Introduction : explain what life factors are and what predictable and unpredictable life event are and mean.
2. Paragraph 1 : Write about your first predictable life event
3. Paragraph 2 : Write about how it impacts development – using EXAMPLES
4. Paragraph 3 : write about your 2nd life event
5. Paragraph 4: Write about how it impacts development – using EXAMPLES
6. Paragraph 5 : Write about your first unpredictable life event
7. Paragraph 6 : Write about how it impacts development – using EXAMPLES
8. Paragraph 7 : Write about your 2nd life event
9. Paragraph 8 : Write about how it impacts development – using EXAMPLES
10. Paragraph 9 : conclusion

* Sentence starters
* A life event is………
* An unpredictable life event is……………..
* A predictable life event is……………………
* Unpredictable life events include……………………
* I am going to focus on …………………………………
* This particular life event would impact the individual because………………..
* An example of this is ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
* Predictable events include,…………………………
* I am going to focus on………………………..
* The first predictable life event is……………………….
* This would impact the development of an individual by ……………………………
* In conclusion unpredictable and predictable life events…………………………………….

**Health and Social Care**

UNIT 1

DEVELOPMENT THROUGH THE LIFE STAGES

**P4**

Write an informative leaflet that explains two theories of ageing.

**M2**

Write a report that **discusses** two major theories of ageing in relation to the development of the individual

**D2**

In your report **evaluate** the influence of 2 major theories of ageing on health and social care provision

***P4 : Write an informative leaflet that explains two theories of ageing***

* **Theories of Ageing**
* **1. Disengagement**
* Disengagement means to ……………………………………………………………………………………………….
* The theory was created by ………………………………………………………………………….in ……………….
* The theory is about ………………………………………………………………………………………………………….

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Issues that limit social interaction include

1.………………………………………………………………………………………………………………………………………2.………………………………………………………………………………………………………………………………………3.………………………………………………………………………………………………………………………………………4.………………………………………………………………………………………………………………………………………5.………………………………………………………………………………………………………………………………………

* **2. Activity Theory**
* The activity theory was developed by ……………………………..in…………………………………………
* He argued that
* 1.………………………………………………………………………………………………………………………………………2.………………………………………………………………………………………………………………………………………3.………………………………………………………………………………………………………………………………………4.………………………………………………………………………………………………………………………………………5.………………………………………………………………………………………………………………………………………
* 3 Ways to stay physical active while ageing include:

1.………………………………………………………………………………………………………………………………………2.………………………………………………………………………………………………………………………………………3.………………………………………………………………………………………………………………………………………

* 3 ways to stay mentally active while ageing include :

1.………………………………………………………………………………………………………………………………………2.………………………………………………………………………………………………………………………………………3.………………………………………………………………………………………………………………………………………

* **3. Continuity theory**
* This was created by ………………………………..in………………………
* This stresses the importance of …………………………………………………………………………………………………………………………………………
* The main points about this theory are :

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….

**P4 Guidance**

*P4: Create a leaflet* ***explaining*** *two theories*

* Choose 2 theories
* Create a leaflet with pictures and information about both theories

**M2 Guidance**

*M2 : Write a report that* ***discusses*** *two major theories of ageing in relation to the development of the individual*

* Do this in a report format – a4 pages of writing with sub headings
* The 2 theories that you did for P4 do in more detail and say how they would impact development of the individual
* You may need to do more research into the theories
* Do not copy and paste from the internet

**D2 Guidance**

*D2 : In your report* ***evaluate*** *the influence of 2 major theories of ageing on health and social care provision*

* Discuss after each theory in the same report how these would impact how the care system works.

**Health and Social Care**

UNIT 1

DEVELOPMENT THROUGH THE LIFE STAGES

**P5**

Produce a poster that explains the physical and psychological changes which may be associated with ageing.

*P5 : Produce a poster that explains they physical and psychological changes which may be associated with ageing*

* Physical changes when ageing
* Skin, bones, joints, muscles

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Senses

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Organs

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* **Hormones and Menopause**

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Cardiovascular system

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Respiratory System

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Nervous system

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Sight

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Hearing

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Cognitive

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* Muscular Skeletal
* This is where ………………………………………………………………………………………………………………

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Dementia

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Motor neurone disease ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………
* **Psychological changes when ageing**
* Erik Ellison created in ……………..the idea of developing an ………………………………………..
* This is where……………………………………………………………………………………………………………..

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Alice Heim in ………………………found in her study that…………………………………………………

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

* Heim found self confidence ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..
* The positive and negatives of ageing include :

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
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|  |  |
|  |  |
|  |  |

**P5 Guidance**

*P5 : Produce a poster that explains they physical and psychological changes which may be associated with ageing*

* Explain all the physical changes in a poster using pictures
* Explain all the psychological changes in a poster using pictures

**Health and Social Care**

UNIT 1

DEVELOPMENT THROUGH THE LIFE STAGES

**M3**

Produce an informative leaflet that discusses the effects on self esteem and self confidence of the physical changes associated with ageing.

**M3 Guidance**

*M3 : Produce an informative leaflet that discusses the effects on self esteem and self confidence of the physical changes associated with ageing*

* Define what self confidence and self esteem are
* State the physical change and explain why self esteem and self confidence would be effected.

Notes on M3 (if needed)

…………………………………………………………………………………………………………………………………………

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**Health and Social Care**

UNIT 1

DEVELOPMENT THROUGH THE LIFE STAGES

**M1**

Write a report that discusses they nature – nurture debate in relation to the development of the individual.

**D1**

As a conclusion to your report, evaluate how nature and nurture may affect the physical, illtellectual, emotional, and social development of two stages of the development of an individual.

**M1 and D1 Guidance**

*M1 : Write a report that discusses they nature – nurture debate in relation to the development of the individual*

* Research the nurture/nature debate
* Explain what each means
* Say how they would affect the individuals development

*D1 : As a conclusion to your report, evaluate how nature and nurture may affect the physical, illtellectual, emotional, and social development of two stages of the development of an individual*

* Choose 2 stages of life development (look back at P1)
* Discuss how nature may impact the life stage and how nurturing may impact the life stage

**Notes for M1 and D1 (if needed)**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..**

**……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….…………………………………………………………………………**

**REFERENCES**