

Course Name - Bachelor of Physical Education
Year – IInd (Part-1)
Paper Name - Psychology with Special Reference to Physical Education
Topic Name - Psychology
Topic No. - Sec - A (1)
Paper No. - IInd
Lecture No. - 1

Lecture Name

Psychology and Physical Education

Glossary

Motivation – Reason or reasons of behaving in a particular way

Replication - The action of copying or replacing something

Fatigue - Extreme tiredness resulting from mental or physical exertion or illness.

Dynamics - The branch of mechanics concerned with the motion of bodies under the action of forces.

Counseling - The provision of professional assistance and guidance in resolving personal or psychological problems.