

Course Name-Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Heredity and Environment

Topic No. - Sec - C (7)

Paper No. - IInd

Lecture No. - 10

Lecture Title

Heredity and Environment

Summary

Every individual is the product of hereditary potentialities and environmental opportunities. Hereditary potentialities are whatever an individual receives from parents or forefathers. Environment is sum total of the influences that affects the individual right from conception till death. Heredity and environment both have significant role to play in developmental process. Parents, teachers and coaches must understand the importance of heredity and environment in the life of an individual. Before taking up any step of guiding and teaching, they must understand the hereditary potential of the individual so that complementary and supplementary environment can be provided to ensure proper development of the individual.