

Course Name: Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Instinct

Topic No. - Sec - A (2)

Paper No. - IInd

Lecture No. - 3

Lecture Title

Instinct-Definition, Characteristics and Their Training

Glossary

- **Instinct:** an innate, typically fixed pattern of behavior
- **Sustenance:** food and drink regarded as a source of strength; nourishment
- **Reflex:** an action that is performed without conscious thought as a response to a stimulus
- **Primal:** relating to an early stage in evolutionary development
- **Flinch:** make a quick, nervous movement of the face or body as an instinctive reaction to fear or pain
- **Adaptive:** characterized by or given to adaptation.
- **Inherent:** existing in something as a permanent, essential, or characteristic attribute