

**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**

**Summary**

Instinct is frequently defined behavior that can range from or simple response to the subject's environment to high level of actions involving complex reflexes. Studies of White Sharks has proven that certain instinctive behaviors may be modified through learning, but most tend toward a narrow, predictable response.