

**Course Name - Bachelor of Physical Education**  
**Year – IInd (Part-1)**  
**Paper Name - Psychology with Special Reference to Physical Education**  
**Topic Name - Learning**  
**Topic No. - Sec - B (5)**  
**Paper No. - IInd**  
**Lecture No. - 6**

### **Lecture Title**

### **Learning**

### **FAQ's**

#### **Q1: What do you understand by Learning?**

**Answer:** All the changes and modifications in the behavior of an individual is called learning. Any modification in behavior to meet environmental requirements is learning.

#### **Q2: Discuss the process of learning.**

**Answer:** The process of learning involves

- 1) Acquisition of new experiences.
- 2) Retention of already acquired experiences in the form impressions, engrams and skills.
- 3) Development and modification of experience.
- 4) Synthesis and organization of the old and the new experiences resulting in some novel pattern.

#### **Q3: Discuss various characteristics of learning.**

**Answer:** Various characteristics of learning are:

- 1) Learning is progressive change in behavior. It continues from birth till death.
- 2) Learning is universal. Every creature that lives, learns. Individuals belonging to every strata of society learn. In human beings, it is not restricted to any particular age, sex, race or culture.
- 3) Learning takes place on all the three aspects of human behavior i.e. conative, cognitive and affective.
- 4) Learning is transferable i.e. learning in one situation have carry over effect in other situations which can be positive, negative and zero.
- 5) Learning is purposive and goal directed. Whenever individual learns something, there is some motive behind it. In case there is no purpose, there would hardly be any learning.

- 6) Learning is an active and creative process. In most of the situations learning requires active participation of the learner.

**Q4: Enlist various psychological factors that influence learning.**

**Answer:** Various psychological factors that influence learning are:

- 1) Maturation
- 2) Motivation
- 3) Practice
- 4) Interest
- 5) Mental Health
- 6) Emotional State
- 7) Readiness
- 8) Level of aspiration

**Q5: How does time of learning affect Learning?**

**Answer:** Time of Learning plays a very important role in learning. Early hours of the day are very good for learning because mind and body of an individual are fresh at that time which increases efficiency and proficiency of learner. Day hours are very poor for learning because individual is tired at that time but bed time is very good for retention purposes because individual sleeps after that. There are less chances of interference and therefore learning traces are better retained.

**Q6: What are various physiological factors that affect learning?**

**Answer:** Various physiological factors that affect learning are:

- 1) Age
- 2) Physical defects
- 3) Time of learning
- 4) Diet and nutrition
- 5) Drugs

**Q7: How does length of the task affect learning?**

**Answer:** Length of the task is directly proportional to learning i.e. the longer the task is, the more difficult it is to learn. Individual sometime loses interest in the task when the task is too lengthy which makes it difficult to learn.

**Q8: What is Massed Learning?**

**Answer:** massed practice refers to conditions in which individuals practice a task continuously without rest.

**Q9: What is spaced or distributed learning?**

**Answer:** It refers to the conditions in which individuals are given rest intervals within the practice.

**Q10: How has Munn defined learning?**

**Answer:** According to Munn, “Learning is more or less permanent incremental modification of behavior which results from activity, special training or observation.”