

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

Glossary

- **Instinctive Behavior:** An inborn pattern of behavior that is characteristic of a species and is often a response to specific environmental stimuli.
- **Modifications:** Partial or minor changes
- **Acquisition:** The learning or developing of a skill, habit or quality
- **Retention:** The action of absorbing and continuing to hold something
- **Synthesis:** Combination of components or elements to form a connected whole
- **Drift:** Continuous slow movement from one place to another
- **Reflexes:** An action that is performed without conscious thought as a response to a stimuli
- **Fatigue:** Extreme tiredness resulting from mental or physical exertion
- **Attitude:** A settled way of thinking or feeling about something
- **Motive:** A reason for doing something
- **Insight:** The capacity to gain an accurate and deep understanding of someone or something