

Course Name - Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Growth & Development

Topic No. - Sec - B (6)

Paper No. - IInd

Lecture No. - 8

Lecture Title

Growth and Development

FAQ's

Q1: What do you understand by Growth and Development?

Answer: Growth & Development is commonly described in terms of PERIODS or STAGES. According to dictionary, the stages of development have been defined as the series of changes which the organism undergoes from embryonic stage to Maturity. James Roy defines it as the process of growing up in various phases by which the erratic, impulsive child becomes the reasonable adult.

Q2: What do you understand by Prenatal Period?

Answer: Prenatal period is time spend in womb after the fertilization till birth

Q3: what is natal period?

Answer: This is the period of child's birth. Though this period is of very small duration, but it has very important impact on growth. This is the period of child's birth and development of an individual.

Q4: What do you understand by Emotional growth and development?

Answer: By emotional growth and development, we mean appropriate understanding of emotions and mature expression of emotions. Individual also learns to control his emotions.

Q5: What do you understand by mental growth and development?

Answer: Mental growth and development refers to the processes responsible for the development of all cognitive and mental abilities like sensation, perception, memory, reasoning, etc.