

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

Glossary

1. **Elongation** - The action or process of lengthening something.
2. **Quantified** - Express or measure the quantity of.
3. **Adaptive** - Showing or having a capacity for or tendency toward adaptation
4. **Puberty**- It is the time in life when a boy or girl becomes sexually mature. It is a process that usually happens between ages 10 and 14 for girls and ages 12 and 16 for boys. It causes physical changes, and affects boys and girls differently.
5. **Heredity**- The passing on of physical or mental characteristics genetically from one generation to another.