

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

Summary

Growth and development is a comprehensive process. It is determined by a number of internal and external factors. It follows many principles. It is of concern for the parents, teachers, coaches and mentors to have appropriate knowledge of factors affecting growth and development, principles of growth and development proper knowledge, understanding and application on their part will stimulate and ensure proper growth and development.