

SEMESTER III

BES-S302

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

PHYSICAL GROWTH & DEVELOPMENT

Unit-I Introduction

Meaning and definitions of growth and development.

Difference between the process of growth and development.

Factors affecting growth and development.

Unit-II Physical growth

Methods of studying physical growth-general pattern of growth in tissue and system.

General differences in male and female pattern of growth and development.

Individual differences.

Unit-III Developmental growth

Changes in physiological development in adolescent

Distance and velocity curves of physical growth.

Maturing pattern of growth and development.

Unit-IV Psychological growth

Cognitive (mental) growth, emotional development,

Psychological growth and development.

Relationship between growth and emotional development.

Suggested Readings:

Dagar R.K.S. (2007) Sharirik siksha mein samanya vigyan friends publication, New Delhi

ICMR (1989). Growth and Physical Development of Indian Infants and Children. Indian Council of Medical Research. New Delhi.

Kansal DK (2008). Textbook of Applied Measurement Evaluation and Sports Selection. Sports and Spiritual Science Publications.

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