

**SKILL ENHANCEMENT COURSE  
SEMESTER III  
PHYSICAL GROWTH & DEVELOPMENT**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BES-S302**

Time allowed: 3Hrs

**The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....**

**CO-1.** Describe the growth and development.

**CO-2.** Discuss the difference between the process of growth and development.

**CO-3.** Explain the factors affecting growth and development.

**CO-4.** Classify the methods of the physical growth-general pattern of growth in tissue and system.

**CO-5.** Teach the changes in physiological development in adolescents.

**CO-6.** Discuss the maturing pattern of growth and development.

**CO-7.** Differentiate the cognitive and emotional growth and development.

**CO-8.** Discuss psychological growth and development.

**CO-9.** Compare growth and emotional 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.

New Delhi 61

**ABILITY ENHANCEMENT COURSE (AECC)  
SEMESTER III**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BES-S302**

Time allowed: 3Hrs

**Bhartiya Knowledge and Tradition**

**(To be provided by Gurukul Kangri sam Vishwavidyalaya, Haridwar)**