

Tender Heart High School, Chandigarh

Class - X , Subject - Physical Education
CHAPTER - 1 - The growth and Development.

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Q1 Define the term.

- a) Growth - Growth is series of physical Education changes that occur from conception to maturity. It is physical change and increase in size.
- b) Development - Development is a progressive series of changes that occur as a result of Maturation and learning.

Q2 Difference between the Growth and Development?

GROWTH	DEVELOPMENT
1. Growth refers to the increase in size, length, weight.	1. Development is a progressive series of changes that occur as a result of maturation and learning.
2. Growth is measurable	2. Development can be felt only through estimate and inspection
3. Growth doesn't continue throughout the life.	3. Development continues throughout the life and is progressive.
4. Growth is direct and visible.	4. Development is indirect and invisible.
5. Growth is structural	5. Development is a functional
6. Growth is an external process	6. Development is an internal process.

DEVELOPMENT.

7. Development ~~is~~ changes in the quality or character come into the domain.

OR

It is a qualitative process

8. It depends on environment.

Q3 Which are the factors influencing growth and Development?

- 1) Heredity
- 2) Environment
- 3) Gender
- 4) Nutritional
- 5) Physical Activity
- 6) Health Problems
- 7) Age
- 8) Posture
- 9) Intoxicants
- 10) Proper Rest and Recovery
- 11) Psychological Factors
- 12) Safety and Prevention

Q4 Mention the stages of Growth and Development of life.

- i) Infant stage (from Birth to 5 years)
- ii) Childhood stage (from 5 to 12 years)
 - Early Childhood (From 5 to 7 years)
 - Middle Childhood (From 7 to 10 years)
 - Later Childhood (From 11 to 12 years)
- iii) Adolescence stage (From 12 to 19 years)
- iv) Adulthood stage (From 19 to 65 years)
- v) Old Age (Above 65 years)

Q5 Mention five problems of Adolescence.

- 1) Aggressive and Violent Behaviour.
- 2) Over confident and Hide mistakes.
3. Friends given importance
4. Wastage of Time
5. Wrong sexual desires
6. Neglect family
7. Attraction towards opposite sex
8. Inadequate Rest and sleep

Q6 Highlight factors which influencing growth and Development.

- | | |
|--------------------------|-----------------------------|
| 1. Heredity | 7. Physical Activity |
| 2. Environment | 8. Intoxicants |
| 3. Gender | 9. Proper rest and Recovery |
| 4. Age | 10. Posture |
| 5. Psychological Factors | 11. Health Problems. |
| 6. Nutritional | 12. Safety and Prevention |

Q7 Define the terms :-

1. Infant - New born baby is called Infant. The cognitive development starts as child tries to balance and tries to gain control over big muscles.
By the end of the first year, the average baby is twice the length it was at birth and three times its birth weight.

2. Childhood - The stage from the age of 5 years to 12 years is called the Childhood stage.
In this period uneven growth of bones, muscles and organs takes place.

3. Adolescence - The stage from the age of 12 years to 19 years is the adolescence stage. These years are between the onset of puberty and the beginning of adulthood. Boys and

girls move from childhood to adulthood, mentally, emotionally, socially and physically.

4. Adulthood - From the age of 19 the child becomes an adult. An Adult is a person has reached the age at which he is considered responsible for his own actions and legally accountable for them.

Q8 Give an outline physical Developmental characteristic of an INFANT.

The word infant is derived from Latin word "infans" meaning unable to speak.

PHYSICAL DEVELOPMENT :-

- Weight doubles by five months of age.
- Length doesn't change rapidly as its weight
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COGNITIVE DEVELOPMENT :-

- Infants can focus on and follow moving objects with their eyes.
- Infants understand that objects exist even when out of sight.

SOCIAL AND EMOTIONAL DEVELOPMENT :-

- Infant develops trust as their parents meet their needs such as feeding them when they are hungry and holding them when they cry.
- They cry to express anger, pain and hunger.
- They fear strangers.
- They get angry and frustrated when their needs are not met in a reasonable amount of time.

Q9 Write physical developmental characteristics of Childhood stage?

1. Children are a good learner and Athletic.

2. Boys and Girls grow about 2 to 3 inches.
3. Skeletal bones and muscles broaden and lengthen.
4. Child love to run, jump, throw, catch, climb and balance.
5. Child learn and practice fine motor skills.
6. Children cut, paste, shape, draw, paint, create and write.

Q10 Write down the Cognitive development characteristics of Childhood stage?

1. Children acquire the ability to internally represent the world through language and mental imaginary.
2. Children are able to engage in increasingly difficult cognitive tasks, such as performing a series in a reasonable order.
3. More complex behavioural and cognitive abilities become possible as the central nervous system (CNS) matures.

Q11 Write the social and emotional development characteristics of Childhood stage?

1. Comparison with other children.
2. A child might describe himself as being faster than one boy but slower than another.
3. Child should participate in multi-activities.
4. Playful with lot of recreational games.
5. Good education should be given and guided properly.

Q12 How the problems of Adolescence stage can be managed?

1. Proper knowledge of Adolescence Psychology
2. Providing Healthy Environment.
3. Proper sex education
4. Correction and checking of Mistakes
5. Proper use of time
6. Mode of Education
7. Development of Moral Values.

Q13 Explain the physical development characteristic of Adolescence

- 1) Puberty brings remarkable sex difference changes the shape of an individual such as breast development, muscular changes, bone hardening, moustaches and change in voice, blackheads, pimples and acne over skin.
- 2) Adolescent needs good diet.
- 3) Heavy physical workout
- 4) Creative Physical Activity.
- 5) Suitable Clothes
- 6) Hygiene habits.
- 7) Healthy Sports environment.

Q14 Explain Psychological development in Adolescence?

- 1) Identity of good and bad is not upto the mark in teens, may be due to lack of experience.
- 2) Development of intelligence of an individual but it is lacking in practical approach.
- 3) Teens try to hide their mistakes.
- 4) Teenagers need logical explanation, intelligence development education, moral values, positive behaviour from family, good friends, proper use of experience etc.

Q15 Explain emotional changes in Adolescence?

Emotional Changes :-

- 1) Emotions in adolescence are very sudden and very intense.
- 2) Emotions are uncontrollable in the adolescence.
- 3) Teens have an aggressive attitude and rebellious behaviour.
- 4) They need moral and character development habits.
- 5) Spiritual guidance and proper attention.

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- 6) Understanding family needs.
- 7) Emotions control and expression of emotions in proper way.

Q 16 Explain social changes in Adolescence ?

- 1) A teenager enjoys the company of his friends, thus family attachment declines. His loyalty towards group is more and He wants to prove his importance in friends.
- 2) He needs good friends.
- 3) Parents to act as friends → socialization qualities and its development.

Q4 ✓ Mention the stages of Growth and Development.

S.No.	Stages	Age span
a)	Infancy	From birth to two years.
b)	Childhood	2 - 12 years
	i) Early Childhood	2 - 6 years
	ii) Late Childhood	6 - 12 years
c)	Adolescence	12 - 19 years
d)	Adulthood	19 - 65 years
	i) Early Adulthood	19 - 40 years
	ii) Late Adulthood	40 - 65 years
e)	Old age or ageing	From 65 years

Q5 ✓ What is infancy?

Dramatic changes in the body and brain support the emergence of a wide toddlerhood of motor, perceptual, and intellectual capacities and first intimate ties to others.

Q8 Write down the physical developmental characteristics of childhood stage?

1. Children are a good learner and athletic.
2. Girls and boys grow about 2 to 3 inches.
3. Skeletal bones and muscles broaden and lengthen.
4. Child love to run, jump, throw, catch, climb and balance.
5. Child learn and practice fine motor skills.
6. Children cut, paste, shape, draw, paint, create and write.

Q9 Write down the cognitive development characteristics of childhood stage?

1. Children acquire the ability to internally represent the world through ~~for~~ language and mental imaginary.
2. Children are able to engage in increasingly difficult cognitive tasks, such as performing a series in a reasonable order.
3. More complex behavioural and cognitive abilities become possible as the central nervous system matures.

Q10 Write down the social and emotional development characteristics of childhood stage?

1. Comparisons with other children.
2. A child might describe himself as being faster than one boy but slower than another.
3. Child should participate in multi-activities.
4. Playful with lot of recreational games.
5. Good education should be given and guided properly.

✓
Q11 What is an adolescence period?

Adolescence period is a period of storm and stress. The adolescent develops a well-defined and positive sense of self in relationship to others. In this stage, the child continues to grow physically, mentally and emotionally, changing from child into an adult.

Q12 Explain the physical development characteristics of adolescence.

- 1) Puberty brings remarkable sex difference which changes the shape of an individual such as breast development, muscular changes, bone hardening, moustaches and change in voice, blackheads, pimples and acne over skin.
- 2) Adolescent needs good diet, heavy physical workout, creative physical activity, suitable clothing, hygienic habits, healthy sports environment etc.

Q13 Explain Psychological development in adolescence?

- 1) Identity of good and bad is not upto the mark in teens, maybe due to lack of experience.
- 2) Development of intelligence of an individual but it is lacking in practical approach.
- 3) Teens try to hide their mistakes.
- 4) Teenagers need logical explanation, intelligence development education, moral values, positive behaviour from family, good friends, proper use of expenses etc.

Q14 Explain emotional and social changes in adolescence?

Emotional changes :-

Emotions in adolescence are very sudden and very intense. These emotions are ——— uncontrollable in the adolescence. Teens have an aggressive attitude and rebellious behaviour. They need moral and character development habits, spiritual guidance, proper attention, time, understanding family needs, emotion control and expression of emotions in proper way etc.

Social Changes :-

A teenager enjoys the company of his friends, thus family attachment declines. His loyalty towards group is more and he wants to prove his importance in friends. He needs good friends, parents to act as friends, socialization qualities and its development.

Q15 Mention five problems of adolescence:

1. Aggressive and Violent Behaviour.
2. Over confident and Hide Mistakes.
3. Friends given importance.
4. Wastage of Time.
5. Wrong sexual desires.
6. Neglect family.
7. Attraction towards opposite sex.
8. Inadequate Rest and sleep.

Q16 How the problems of Adolescence stage can be managed?

1. Proper knowledge of Adolescence Psychology.
2. Providing Healthy Environment.

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Q Define the term Heredity and Nutrition?

Heredity :- Basic substances, chromosomes and genes determine characteristics of the individual is called Heredity. Thus features like the colour of the skin and eyes, straight or curly hairs, height, body build, intellect and talents etc are all fixed and no one can change them beyond a limit. Genetic and chromosomal disorder effect growth and development.

Nutrition :- Nutrition is the science of food. A healthy diet will ensure a balance between the nutrient value one consumes and the energy one spends for muscular activity.

Q¹⁹

What are the five principles of Child development?

The child develops as a whole. All domains or area of development are considered as we look at how the child grows and learns. ① Physical ② cognitive ③ language ④ social and ⑤ emotions are the five domains.

Q²⁰ What are the seven stages of development?

- | | |
|--------------|---------------------|
| 1. Need | 5. Love / Sexuality |
| 2. Existence | 6. Opinion |
| 3. Autonomy | 7. Performance. |
| 4. Will | |

Q²¹ Describe the Adulthood stage (19 to 65 years and above) of development

The child becomes able to face the challenges of life.

Chapter - 2 Physical Education

Q1 What do you mean by Physical Education?

Physical Education is a combination of two words physical and education. Physical Education is the sum of a man's physical activities selected and conducted to develop personality.

OR

Physical Education is the education through physical activities for the development of total personality of the child and its fulfilment and perfection in body, mind and spirit.

Q2 What are the objectives of Physical Education?

1. Improvement in the fields of education.
2. Improvement in life-style and social Relationship.
3. Individualistic Improvement :-
 - a) Organic Development
 - b) Neuro-muscular Development
 - c) Personality Development
4. Improvement in the sense of Responsibility

Q3 What are the aims of Physical Education?

1. Development of the individual through Physical activities
2. Develop motor skills.
3. Knowledge and behaviour of Healthy and active living.
4. Sportsmanship and emotional intelligence

Q4 What is the full form of AAHPER, afPE

AAHPER :- American Alliance for health Physical Education Recreation

afPE :- The Association for Physical Education, the United Kingdom

Q6. Describe the psychological objective of physical Education.

1. To develop alertness of mind, deep concentration.
2. To develop social qualities such as sportsmanship, co-operation, team work, loyalty.
3. To develop skill such as organising and evaluating.
4. To develop the ability to plan, implement and evaluate decisions.
5. To develop self-confidence and self-esteem.
6. To develop body awareness and control through movement activities.

Q7. Describe the social development as objective of Physical Education.

1. To develop awareness of the important role that motivate, self discipline, self-respect, cooperation.
2. To enable students to play safely and acquire an awareness of safety.
3. To develop the ability to respect the attitudes and values of others.
4. To develop effective interpersonal skills such as communication, co-operation and leadership.
5. To provide skills for dealing with psycho-social issues in the school, home and the community.

Q8 Enlist the emotional development objective of Physical Education.

1. To develop the ability to motivate one self
2. To develop the ability to control various emotions like fear, hope, pleasure, anger, wonder etc
3. To develop the ability to deal with success and failure
4. To develop an understanding of different emotional situations in game and ability to face those situations
5. The ability to keep one's focus on one's activity.

Q9 What is the current trend of Physical Education? Increased movement benefits both the body and the brain. Trends in Physical Education to meet the needs of today's youth focus on three strands

1. Fitness for all
2. Health Education
3. Life long exercise routines.

Q10 Name various physical Education courses available in India

1. Bachelor of Physical Education [3 years after graduation]
2. Master of Physical Education [2 years after B.P.Ed]
3. National Institute of sports Diploma in a specific game
4. Master of sports science. [2 years]

Q11 What are the importance of Physical Education .

1. Regular fitness activity - improve cardio vascular Health
2. Builds self confidence - students personality
3. Develops Motor skills - Hand-eye co-ordination
4. Health and Nutrition - over weight and eating disorders
5. Relieves stress - Recreational activities .