

CLASS:X.....

SUBJECT:Physical Education.....

TOPIC:Ch-1 (Human Growth and Development).....

TEACHER'S NAME:Ms. Kusum.....

Good Morning Students,

This lesson is of Class...X...for the Subject...Physical Education..., Topic...Introduction of growth and Development...which is covered in Chapter...1 (Growth and Development)...starting on Page No...1...of your Text Book, Titled...Health, Phy. Edu. and sports...and is being submitted to you on .. 15.04.24

This voice is of ...Ms. Kusum.....

If all students are ready then let us start with topic...Growth & Development...all of you please listen carefully as I will be asking a few questions in between the chapter.

Introduction :-

Growth is defined as an irreversible constant increase in the size of an organ or even an individual cell. It is the most fundamental characteristics of living bodies accompanied by various metabolic processes that take place at the cost of energy. The processes can be anabolic or catabolic.

Growth and development of human beings are really important in physical Education. Without systematic planning the aim of physical education cannot be achieved. The persons, who are engaged in the field of physical Education should have a vast knowledge of growth and development of individuals. If they don't have sufficient knowledge regarding the process of growth and development of human beings, they cannot understand the phys. physical, mental, social and emotional development of their students.

The knowledge of Growth and development is necessary not only for the physical education teachers but also for parents because are also interested in the growth and

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development of their wards. They can play an important role in the development of their children because children spend sufficient time in the company of their parents.

Physical growth is an increase in size. Development is growth in function and capability. Both processes highly depend on genetic nutritional and environmental factors.

- Physical Growth of Infants and children.
- Childhood Development.
- Physical Growth and sexual Maturation of Adolescents.
- Adolescent Development.

Growth and Development occur across the life stages and focuses on the physical, intellectual, emotional and social changes that humans go through.

GROWTH :-

Growth predominately concentrates on the physical change that place across different parts of the body. Growth is measured using a range of intervals such as height and weight.

DEVELOPMENT :-

Development refers to the orders of sequence that humans follow and mainly focuses on the attainment of skills and abilities. The main developmental milestones are physical, social, intellectual and emotional.

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Physical Development

Growth and physical changes that happened to the body. Two areas of physical development include gross motor skills and fine motor skills.

Intellectual / Cognitive Development

The development of language, thinking and memory skills.

Emotional Development

Learning to understand feelings about self and others

Social Development

Involves forming relationships and learning to be self-sufficient.

Health and social care professionals use growth and Developmental milestones in order to measure whether an individual is in line with the expectation of others at the same age. If an infant or child is not meeting a specific milestone, such as an infant skill not being able to sit up by 12 months.

Meaning of Growth

Growth term is used in purely physical sense. It generally refers to an increase in size, length and weight. Growth is one of the parts of development process. Growth is not a continuous process. It starts with conception but ends at some particular age.

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It refers to changes in structure or physique only. In fact, growth is a part of development. It means not only growth but it is more than that.

Definition of Growth :-

Growth is a process so intricate and so sensitive that there must be powerful stabilizing factors, intrinsic balance of the total pattern and direction of the growth trend."

Meaning of Development :-

Development implies overall changes in shape, size, or structure. Development is a continuous and life long process. It starts with the birth of the child and ends with the death of the individual. Development describes the changes in the organism as a whole and does not list the changes in parts.

Definition of Development :-

1. According to Harold Stevenson, "Development psychology is concerned with the study to changes in behaviour through the life span.
2. According to Hurlock, "Development is not limited to growing larger, instead it consists of a progressive series of changes of an orderly, coherent type towards the goal of maturity."

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In conclusion, it can be said that growth is used physically. Generally, it is related to an individual's size, height and change in weight. Indeed, changes in quantitative aspects are included in the scope of growth. On the other hand, development is related to all types of changes in shape or structure, which enhance the working efficiency of an individual. These changes are more related to qualitative aspects than quantitative aspects.

Difference between GROWTH and Development :-

For a comprehensive knowledge about growth and development it is vital for us to know about their difference. These differences are stated below.

1. Growth can be measured, whereas development presents multiple changes in behaviour, efficiency and capability.
2. Growth is limited up to definite age. Generally after maturity growth does not take place, whereas, development is a life long process.
3. Growth is a part of development, whereas, development is very comprehensive.
4. Growth is related to the changes in height, weight, shape and size of an individual, whereas, development is related to the changes in all aspects of an individual.

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- 5) Development doesnot necessarily take place along with growth. If we take more food our body wright can be increased but it is not necessary that our efficiency or capacity will also be increased. So it can be said that development is not necessarily according to the growth.
- 6) Growth is related to one aspect of personality and its scope is also limited, whereas development is related to all the aspects of personality and its scope is also very wide.

As a matter of fact, both growth and development differ from each other but is wider and practical sense both the terms are used to donate changes in the individual's physical as well as functional behaviour. These changes, which cover physical, intellectual, social and emotional aspects of human life, are changes in size, proportion and features. All the above-mentioned changes have qualitative and quantitativs aspects.

Students before going any further in the Chapter, let me ask you a few question. You may kindly listen to the questions carefully and the pause the audio for 3 mins to write down the answers in your note book. The questions are :-

- Q1 Define the terms :- Growth and Development.
- Q2 Write difference between Growth and Development?
- Q3 Write two types of metabolism?

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Students you may now pause the audio for 3 minutes.
3 minutes break is over children. Answers to the above questions are :-

Ans :- 1 Growth :- Growth means increase in size, height, weight, length etc. It can be measured easily.

Development :- Development is the sum total of such qualities or abilities in a man by using whom a man can utilize his body in a proper and better way.

Ans :- 2

GROWTH

① It is measurable

② Growth is direct

③ It is visible

④ Growth continues in every individual up to a particular age.

⑤ It is one-sided

⑥ It depends upon some of the hereditary factors of an individual

DEVELOPMENT

① It can be felt only through estimate and inspection.

② It is indirect.

③ It is invisible

④ It continues from birth to death.

⑤ It is multifarious.

⑥ It depends more on the environment available to the individual.

Ans :- 3 Types of Metabolism.

1) Catabolism

2) Anabolism.

Hope you all have understood the topic growth and Development. All of you are required to read this topic again.
Thank you.

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