

Tender Heart High School, Chandigarh

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

Teacher's Name - Kusum Thakur

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 doesnot 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. |

GROWTH

DEVELOPMENT.

7. Growth changes in the quantitative aspects come into the domain.

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

OR

It is quantitative process

OR

It is a qualitative process

8. It depends on Heredity.

8. It depends on environment.

Q3 Which are the factors influencing growth and Development?

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

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 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.

DATE

--	--	--	--	--	--	--	--	--	--

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

Q16 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.