

PHYSICAL EDUCATION



PSYCHOLOGY AND SPORTS

Psychology is the scientific study of mind and behaviour of a sportsperson. It surrounds environmental factors that affect how people think, act, and feel. It also includes the study of conscious and unconscious situation.

Sports psychology: It is the branch of applied psychology which deals with sports performance and behaviour of a player during training and competition.

It helps to modify a sportsperson according to the needs of the situation and optimize the benefits for better performance and excellence.

Importance

- Psychology helps to improve the performance and personality of players by scientifically modifying his behaviour.
- Proper motivation and feedback enhances the performance of the player.
- It helps to control and check the declining performance
- It helps to understand the learning rate, learning curve, development patterns, etc
- It develops proper behaviour setup during the competition
- It helps the player to deal with spectators and crowd
- It helps to overcome the stress and tension of players It helps to understand the needs of a sports person
- It helps coaches for a better selection of players
- It improves the coaching, training, and teaching skills for effective learning

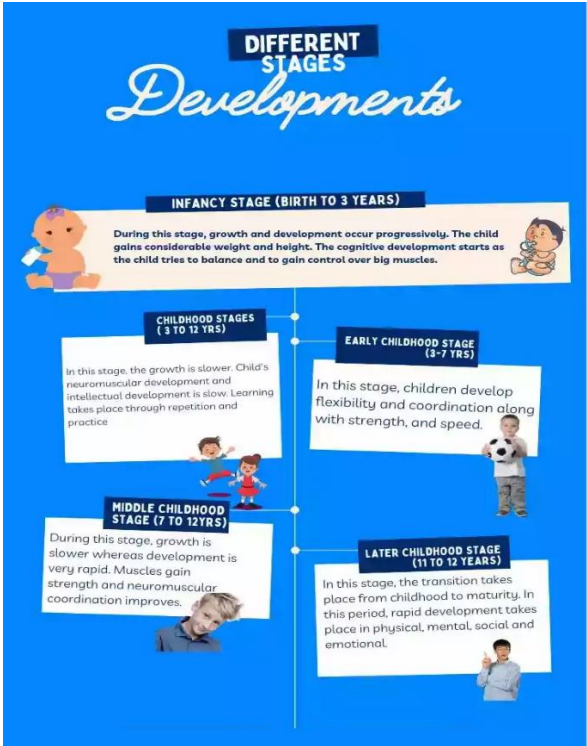
Growth & Development

- **Growth:** The term growth implies an increase in the size, height, length and weight of an individual. It is used in purely physical terms which implies quantitative changes, like the growth of arms, brain, Muscles, or the body in general.
- **Development:** Development implies qualitative changes. It is changing in character leading to maturity of improvement in functioning. For example, arms grow large but also develop by undergoing certain changes which equip them for better work.

Differences Between Growth and Development

Growth	Development
Growth implies changes in the size, length, height and weight of an individual.	Development implies overall changes in shape or form resulting in improved working or functioning.
Growth indicates the changes in the quantity.	Development indicates the changes in quality
Growth is one of the aspects of the development process.	Development is a wider term, which refers to overall changes in the individual
Growth does not continue throughout life.	Development is a continuous process
Growth describes the changes which take place in a particular aspect of the body and behaviour of an individual.	Development describes the changes in the individual as a whole and does not list changes in parts.
Growth may or may not bring development.	Development is possible without growth.
Growth is cellular and can be measured accurately.	Development is functional or organizational.

Developmental Characteristics At Different Stages of Growth



Infancy Stage (Birth to 3 years)

During this stage, growth and development occur progressively. The child gains considerable weight and height. The cognitive development starts as the child tries to balance and to gain control over big muscles.

Childhood Stages (3 to 12 years):

Early Childhood Stage (3 to 6 years):

In this stage, the growth is slower. Child's neuromuscular development and intellectual development is slow. Learning takes place through repetition and practice.

Children should participate in multi activities. These activities should consist of easy and light exercises.

Middle Childhood Stage (7 to 10 years):

In this stage, children develop flexibility and coordination along with strength, and speed. Thus a lot of playful activities should be there in their curriculum like running, jumping, calisthenic exercises, Yoga asanas.

Later Childhood Stage (11 to 12 years):

During this stage, growth is slower whereas development is very rapid. Muscles gain strength and neuromuscular coordination improves. Intellectual development comes through repetition, practice and experience. During this stage, children should participate in a lot of physical activities.

Adolescence Stage (13 to 19 years):

In this stage, the transition takes place from childhood to maturity. In this period, rapid development takes place in physical, mental, social and emotional.

During this stage, high-intensity activities are recommended for at least 60 minutes. They should involve themselves in muscle and bone-strengthening activities.

Adolescent Problems & Their Management

- **Aggressive Behaviour:** Adolescent has Aggressive behaviour and often becomes violent very fast. They easily become irritated and repulsive.
- **Overconfidence and hide mistakes:** Teenagers are often overconfident and hide their mistakes and try to make fools of others.
- **Friends gave importance:** Teenagers like the company of friends and enjoy being in a peer group.

- **Wastage of time:** They often waste time on useless things like gossiping, talking, watching TV, listening to music, idle sitting, etc.
- **Deflected towards drugs and smoking:** Often with the bad company of friends, they are deflected towards health hazards like smoking, drugs, alcohol, etc.
- **Wrong sexual desires:** They sometimes commit wrong sexual relationships.
- **Lack of concentration:** Teens have a low concentration on studies and many important works.
- **Neglect Family:** They often neglect or avoid listening to their parents or teachers.
- **Lavish Expenses:** They waste money on useless things like makeup, costly clothes, fast foods, etc.
- **Beauty conscious:** In this age, they are more conscious about the body, figure, beauty, etc.
- **Attraction towards opposite sex:** In this age, they are attracted towards the opposite sex and have a lot of desire to get interacted with them
- **Inadequate rest and sleep:** During this age, they have sleepless nights, inadequate rest and sleep.

Management of Adolescence Problems

- **Providing a healthy atmosphere:** The atmosphere at home and school should be healthy and cheerful for their proper growth and development.
- **Proper sex education:** At this stage, adolescence must be properly guided to tackle sex problems and their doubts must be clear regarding sexual development.
- **Checking mistakes:** At this stage, their faults and mistakes must be politely and sympathetically treated instead of punishing or blaming.
- **Proper use of energy:** Teenagers are very energetic, which need to be channelized properly.
- **Mode of education:** Education must be interestingly provided to them so that they explore their inner capabilities.
- **Development of moral values:** At this stage, they must be properly taught about their cultures, traditions, customs and follow them sincerely.