



Basic Principles of Human Behaviors

Part 1: Physical Growth



Learning Objectives

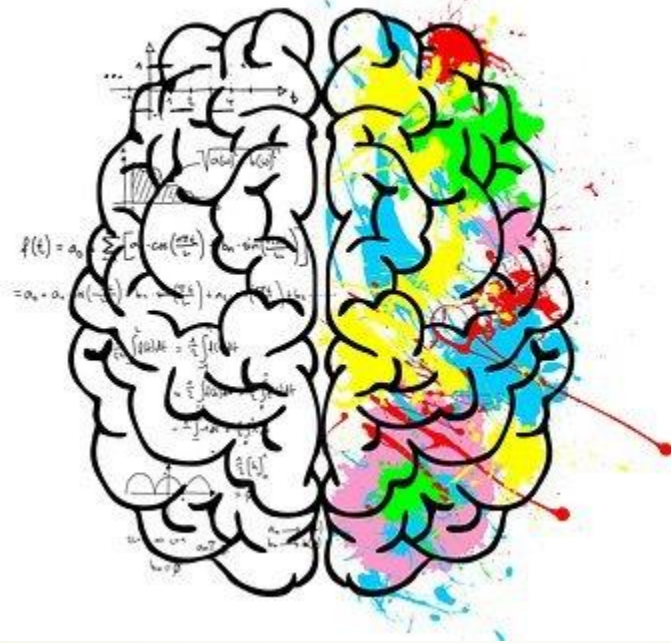
1. Define human growth and development.
2. State at least six factors affecting physical growth that you have learned in this topic.
3. Become familiar with self-assessment for your personal behaviors.

Definition

Human Behaviors



Physical Growth



Mental Growth



Social Activities



Basic Factors Affect Physical Growth

1

Heredity

4

Gender

2

Nutrition

5

Hormones

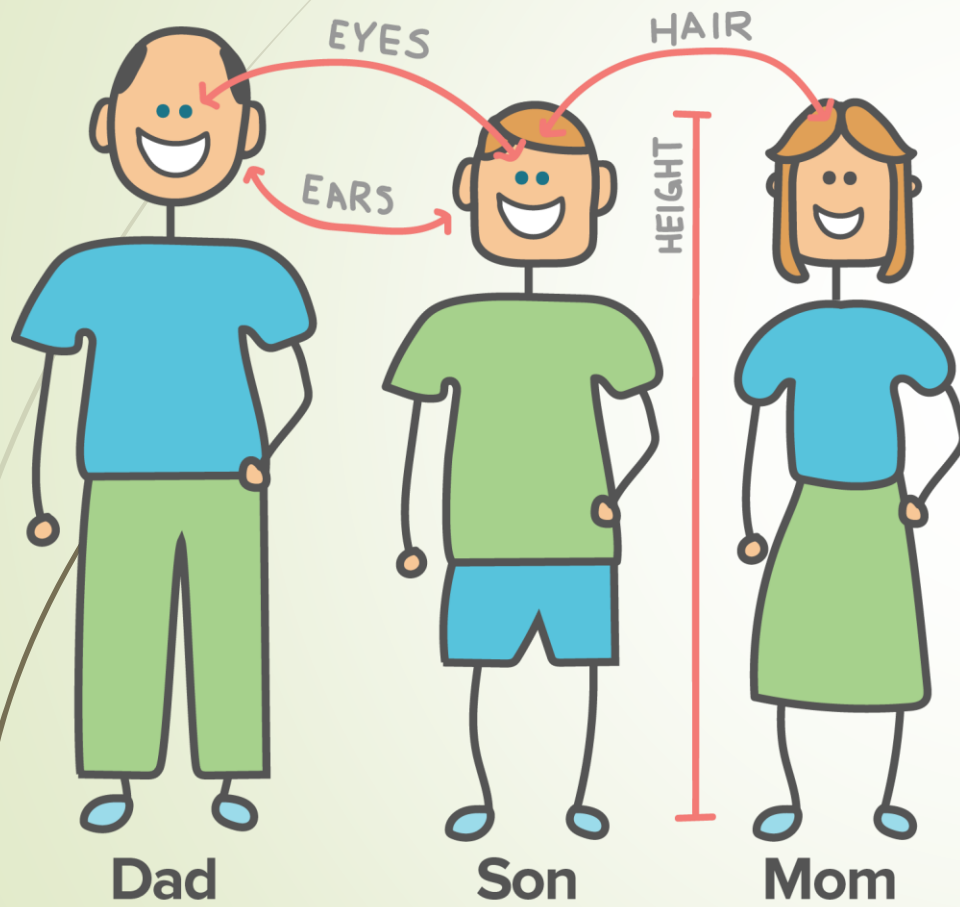
3

Immunization

6

Proper
Ventilation

Heredity



Physical growth depends upon the potentials that child gets from his / her parents.

Nutrition



Good nutrition helps the child's bones, muscles, and internal organs develop well.

Immunization



Immunization: A process by which a person becomes protected against a disease through vaccination.

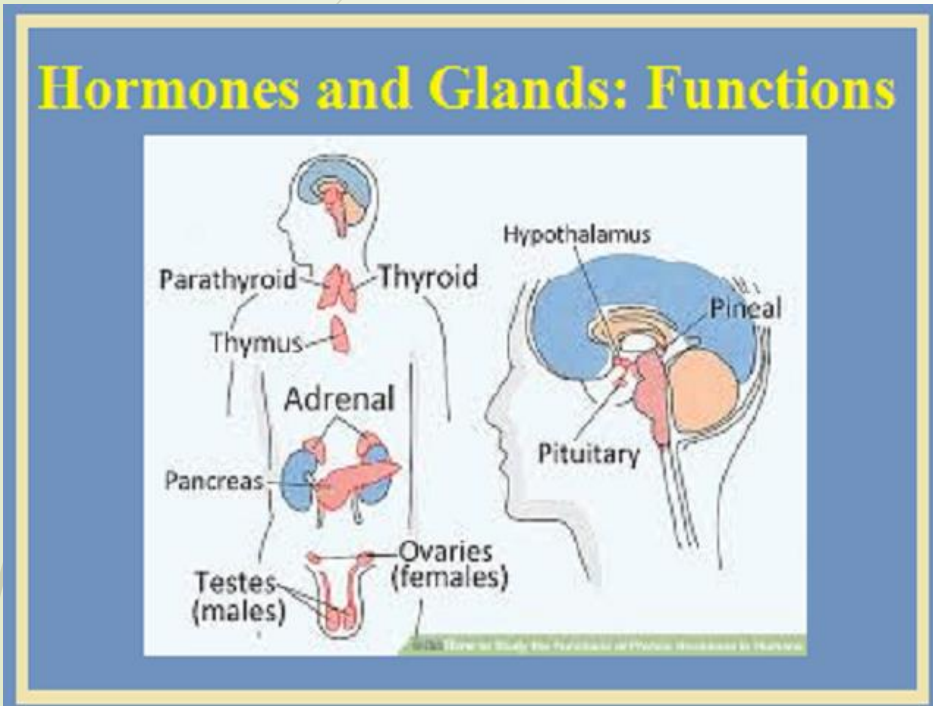
Gender

Age in Years	% of full height	
	Boys	Girls
8	72%	77%
9	75%	81%
10	78%	84%
11	81%	88%
12	84%	91%
13	88%	95%
14	92%	98%
15	95%	99%
16	98%	99.50%
17	99%	100%
18	100%	100%



In the beginning bones and muscle development is better in girls but till the end of childhood boys also grow and are ahead of girls.

Hormones



Hormones are chemicals that tell cells and body parts to do certain things. .

Source: www.jagranjosh.com

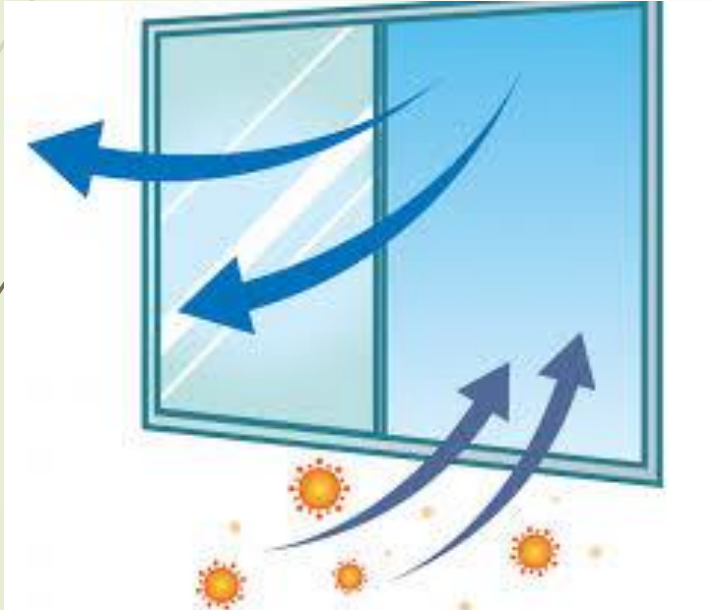
Effects of Hormones

Glands and Hormones		
Gland	Hormone Produced	Effects
Hypothalamus	Antidiuretic hormone	Acts on the kidney to regulate fluid balance
Pituitary	9 different hormones	Growth and regulates other glands
Thyroid	Thyroxine	Metabolism
Pancreas	Insulin & glucagon	Blood sugar
Adrenal	Epinephrine	Heart rate & blood pressure
Testes	Testosterone	Sperm & male characteristics
Ovaries	Estrogen & progesterone	Eggs & female characteristics

Source: www.image.slidesharecdn.com

Proper Ventilation

Indoor



Air Circulation & Air Exchange

Outdoor



Natural Air

Summary

Physical growth refers to changes in size or mass of human behavior. It depends upon variety basic factors such as heredity, nutrition, immunization, gender, hormones, proper ventilation, and others.





Activities

1. Do exercise for your physical health:
<https://www.youtube.com/watch?v=Z8wPtI5bZQc>
2. Read more information: What are the Factors that Affect Physical Development of Children?
3. Complete Physical Health Checklist.