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MODUL 2

**SPODBUJANJE
ŠPORTNIH VADB ZA
LASTNO
PSIHOFIZIČNO
DOBRO POČUTJE IN
NADZOR
NACIONALNIH
SOCIALNIH IN
ZDRAVSTVENIH
STROŠKOV**



SEGMENT 2

Človekovo življenje in razvoj

Razvoj življenjske dobe

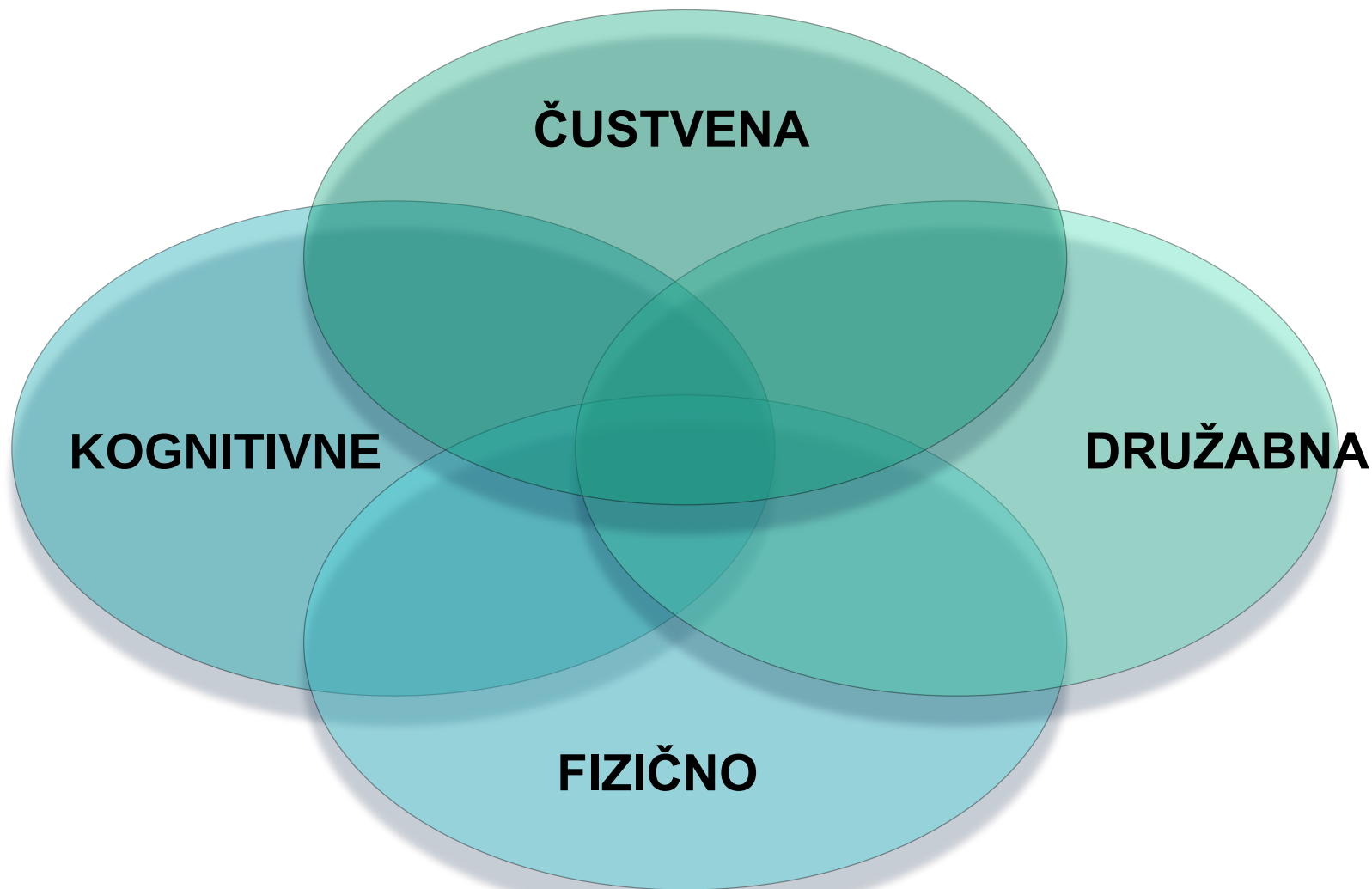
- S starostjo povezane spremembe, ki se pojavijo od rojstva do starosti
- Psihologija življenjske dobe psihologije skuša razumeti, opisati, razložiti in napovedati naše misli, občutke in vedenje.
- Razvoj mora biti **trajna** sprememba.

Faze:

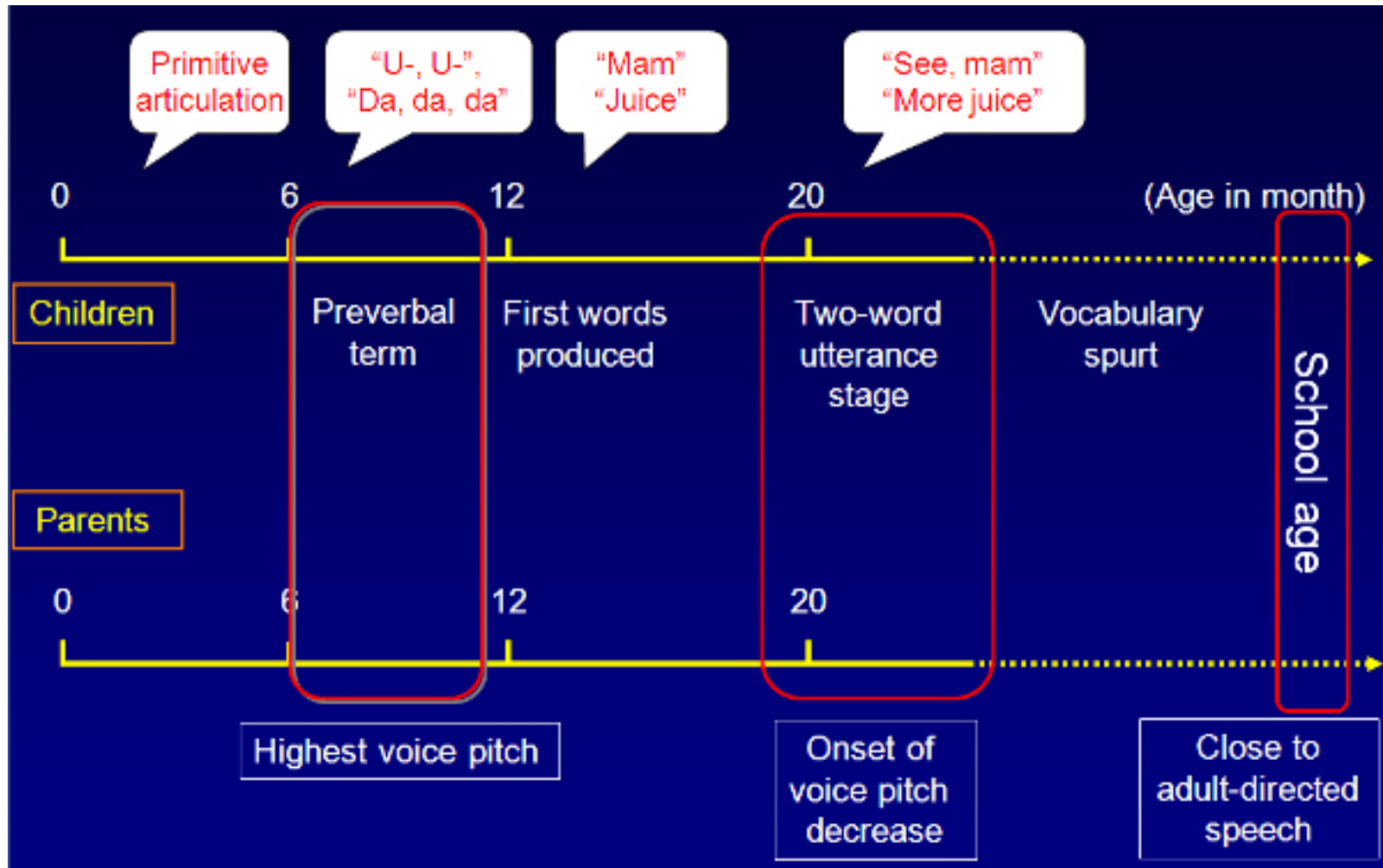
- Otroštvo - rojstvo na 2 let
- Otroštvo - 2 do 10 let
- Adolescenca - 10 do 20 let
- Zgodnja odraslost - 20 do 40 let
- Srednja starost - 40 do 65 let
- Starejša starost - 65 let in več



Vrste sprememb

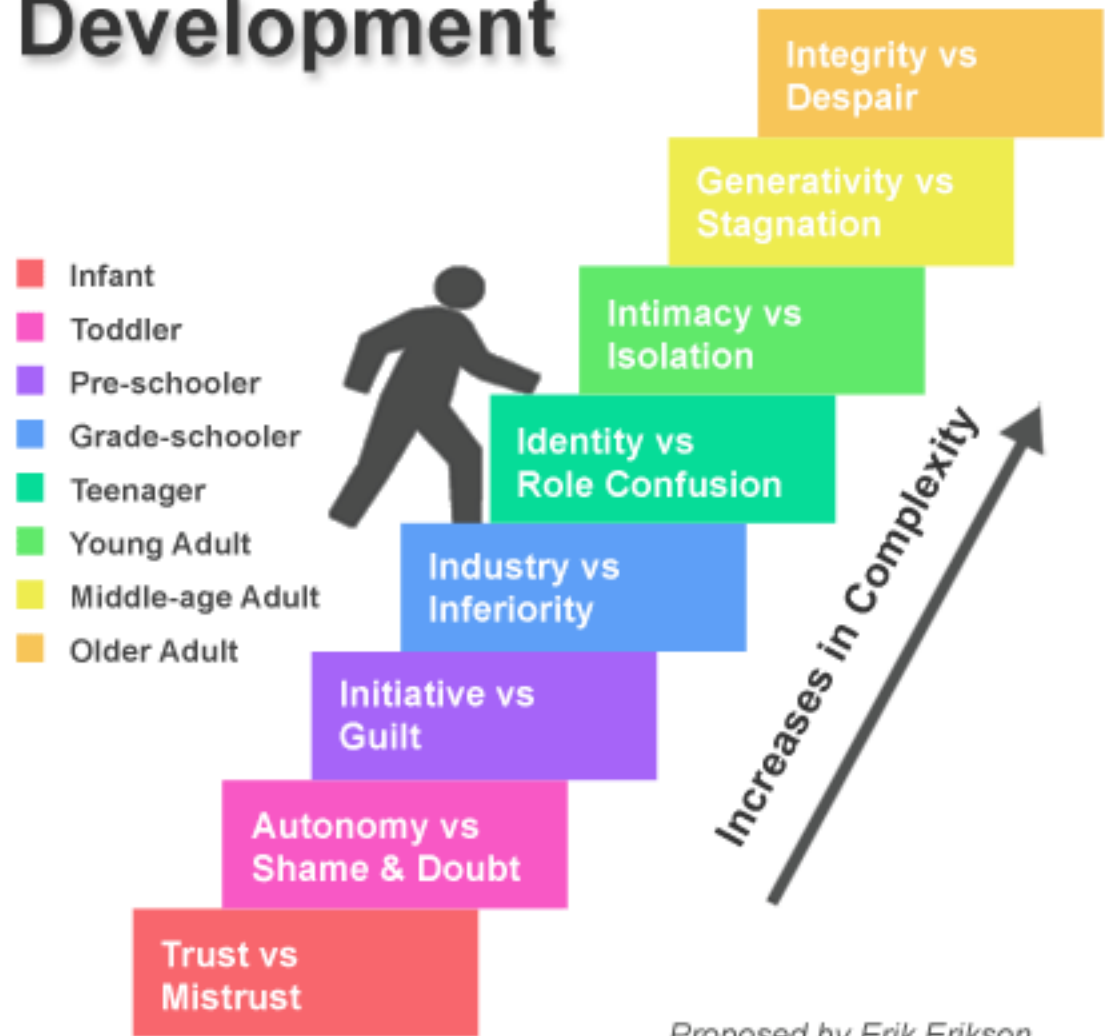


Kognitivno - n.pr.: Jezik



Družabni & čustvo

Stages of Psychosocial Development

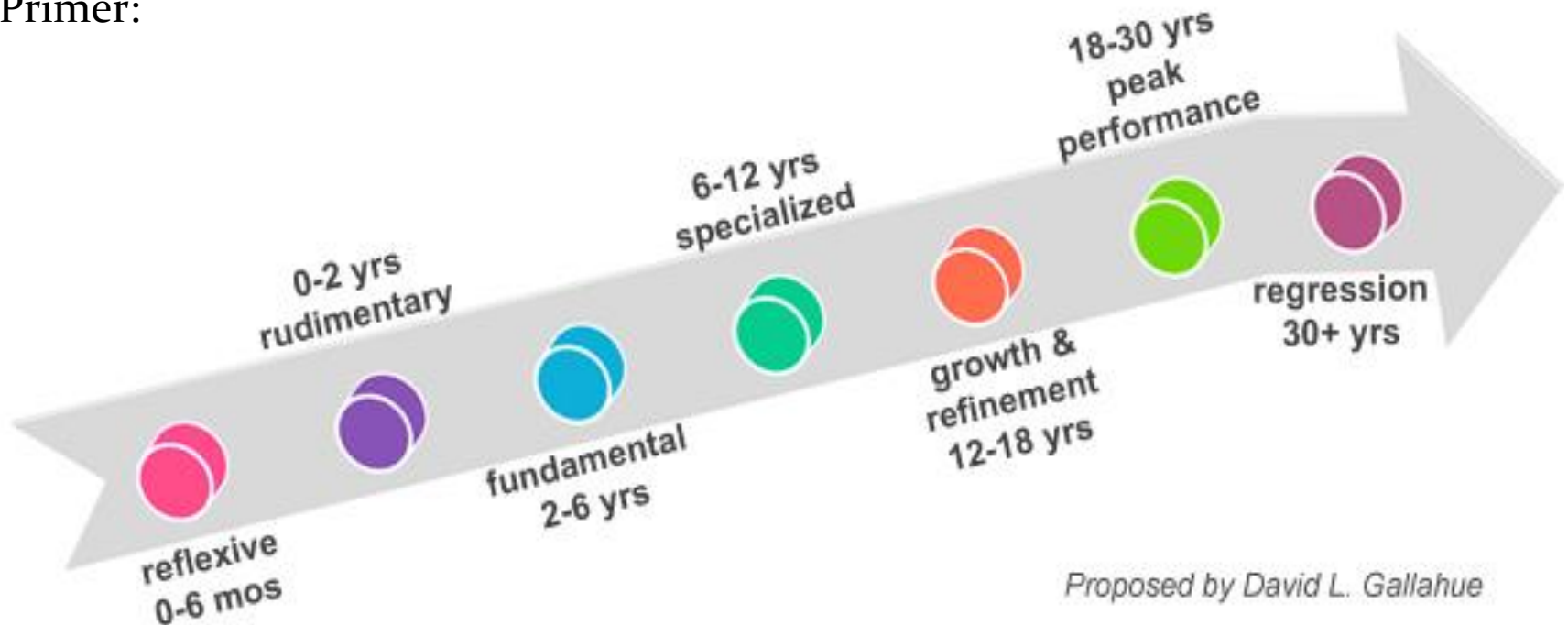


Proposed by Erik Erikson

Koordinacija & vzorca gibanja;

Stages of Physical Development

Primer:



A Poetic Summary of Child Development



Cognitive Development



Socio-Emotional Development



Physical Development

Infants

I feel and taste all that I touch... since my senses help me learn so much.

I babble, coo and ga-ga goo... but scream and cry if I don't know you.

I kick my legs and bat my arms... and reach for cheery, dangling charms.

Toddlers

I speak 300 words fluently... and point to body parts if you tell me.

I change the rules to games I play... so I can always have my way.

I run, jump, stumble and fall... without knowing I'm in danger at all.

Pre-Schoolers

I like to talk all the time... and amused by words when they rhyme.

I am independent and don't need help... so let me be - I can do it myself!

I like to pretend and imitate... the things adults do and make.

Grade-Schoolers

Two plus two equals four... and I know that eight is just four more.

I like to play with my best friends... but very sad when a friendship ends.

I can run and jump more steadily... and dance like the star I want to be.

A Poetic Summary of Child Development



Cognitive Development



Socio-Emotional Development



Physical Development

Pre-Teens

Life is stranger than I
thought... more dynamic
than what I was taught.

I wonder if my peers like
me... and if they'll approve
of what they see.

I've grown so fast in recent
years... and changing more
as puberty nears.

Teenagers

I can view life in an
abstract way... but don't
believe what my parents
say.

I want to spend more time
with you... tell me if you
like me too.

My body is now fully
mature... taller and wider
than ever before.

Young Adults

Mom and Dad told me so...
I wish I would have just
said no.

I don't see my friends that
much... we're all too busy
to stay in touch.

My body has changed yet
again... putting on weight
from the food I put in.

Kako razvijamo

Neprekinjeno ALI

- Postopno
- Graditi na osnovnih znanjih in spretnostih

Nenehno

- Ločene, ločene faze
- Načini razmišljanja, občutka, interakcije imajo lahko začetek &

Zaporedno

- Sposobnost razmišljanja, občutenja, interakcije se ponavadi razvije v določenem vrstnem redu, od preprostih do kompleksnih

Individualne razlike v razvoju

- Nobena dva posameznika se ne razvijeta v enaki meri ali na popolnoma enak način, tudi če sta identična dvojčka



Kaj nam to pove o ,Nature proti Nurture‘?

Dedno okolje

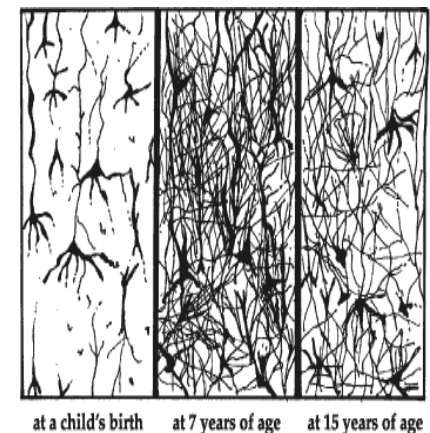
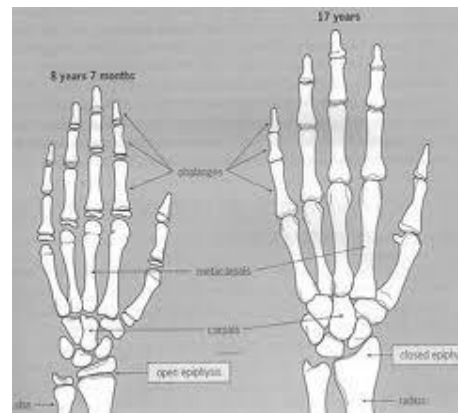
- Dedno- značilnosti se prenašajo s staršev na off-pomladi preko genov.
- Okolje - vse izkušnje, predmeti & dogodki, ki smo jim izpostavljeni v naših življenjskih časih
- Dednost? -Ja.Kaj pa okolje?Mešanica obojega?



Zorenje

- Zaporedne spremembe v živčnem sistemu & druge telesne strukture
- Avtomatski, notranji
- Nadzorovano z našimi geni.
- „Načelo pripravljenosti“
 - Živci, kosti, mišice morajo biti dovolj razviti, da se lahko pojavi vedenje.

Primeri matematike:



Primeri razvoja **zorenja**

- Usedi se pred stoje.
- Sliši se pred besedami
- Dodajanje številčk pred začetkom algebre
- Kdaj naj otrok začne šolo?

• www.theage.com.au/articles/2002/05/29/1022569786596.html

Občutljiva obdobja

- Obdobja hitrih sprememb, ko je posameznik bolj občutljiv za okolje
- Npr.: drugi 6 mesecev življenja, ki so občutljivi na vezavo
- Npr.: 1,5-3 let, občutljivo na pridobivanje jezikov

Ključne besede

Življenjska doba

Čustvena

Kognitivne

Fizično

Družabna

Narava

Dedna

Okolje

Zorenje

Občutljiva obdobja



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