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and adolescents for approximately the first 2 decades of life. Growth and maturation are biological processes, while development is largely a behavioral process. The 3 processes occur simultaneously and interact. They can

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be influenced by physical activity and also can influence activity, performance, and fitness.

Top 10 Research Questions Related to Growth and Maturation ...

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Maturation of the brain and nervous system, there is also rapid physical development in the first few years of life before it begins to slow into steady growth during mid-to-late childhood (Phase 2). This is easier to see on a growth velocity curve but the average rate of

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growth in height is about 5-6 cm or so (2+ inches) per year between the ages of 4-5 and the onset of the adolescent growth spurt (10 in girls and 12 in boys, on average).

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