

Course – Bachelor of Physical Education

Year - Ist

Paper Name - Introduction to Physical Education

Topic Name - Introduction to Physical Education

Topic No. – 1 (a, b)

Paper No. – I

Lecture No. – 1

Lecture Name

Introduction to Physical Education

Glossary

Aesthetic - A set of principles underlying the work of a particular artist or artistic movement.

Nurturing - Cherish

Frisbee - A trademark for a plastic disk-shaped toy that players throw and catch.

Cardiovascular - (Medicine) of or relating to the heart and the blood vessels

Endurance - The ability to endure an unpleasant or difficult process or situation without giving way