

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No.: I (Part-B 1)**

**Topic No. B (1)**

**Topic Name: Sprints**

**Lecture No.: 45**

## **Lecture Title**

### **Sprints**

#### **Glossary**

- 1. Staggered** - Walk or move unsteadily, as if about to fall.
- 2.Crouch-** Adopt a position where the knees are bent and the upper body is brought forward and down, typically in order to avoid detection or to defend oneself
- 3.Stimulate** - Raise levels of physiological or nervous activity in
- 4.Neuromuscular-** Relating to nerves and muscles.
- 5.Velocity** - The speed of something in a given direction