

Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. 1 (Section A)

Topic Name: Kinesiology

Lecture No.: 1

Lecture Title

Kinesiology

Glossary:

Coordination - The ability to use different parts of the body together smoothly and efficiently.

Anatomy - The branch of science concerned with the bodily structure of humans, animals, and other living organisms, especially as revealed by dissection and the separation of parts

Electromyograph - The recording of the electrical activity of muscle tissue, or its representation as a visual display or audible signal, using electrodes attached to the skin or inserted into the muscle.

Cartwheels - The wheel of a cart.