

**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**

**Summary**

The subject of kinesiology contains an organized and systematized body of knowledge, and therefore, it is referred to as a science. The human body is a very complex system which is subject to both mechanical and biological laws and principles. Because of their dual actions many of these muscles are not as powerful as most single-joint muscles, i.e., where the muscle crosses only one joint.