

**Course Name : Bachelor of Physical Education**

**Year : IInd**

**Paper Name : Kinesiology and Physiology of Exercise**

**Paper No. Ist**

**Lecture No. 10**

**Topic no. : Sec - D(1)**

**Lecture Title : Cardio – Respiratory System and Exercise Part - I**

### **Glossary**

**Anaerobic** - Relating to or requiring an absence of free oxygen.

**Intensive** - Concentrated on a single subject or into a short time; very thorough or vigorous.

**Perspiration** - The process of sweating.

**Stimulation** - Encouragement of something to make it develop or become more active.

**Ventilation** - The provision of fresh air to a room, building, etc.