

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 11

Topic no. : Sec - D(1)

Lecture Title : The Cardio – Respiratory System and Exercise - II

Glossary

Submaximal – Less than maximum

Diffused – Spread over a wide area

Accumulation – Gradual gathering of something

Tolerance – Willingness to tolerate/capacity to endure

Collapsing – Sudden fall down