

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

References

<https://www.cdc.gov/nccdphp/sgr/pdf/chap3.pdf>

MACKENZIE, B. (2001) *Physiology - Respiratory System*

Links

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<http://www.livestrong.com/article/376756-response-of-the-respiratory-system-to-exercise/>

http://www.teachpe.com/anatomy/short_term_effects.php