

Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. Sec - D (2)

Topic Name: Physical Fitness

Lecture No.: 12

Lecture Title
Physical Fitness

Glossary

Agility: Ability to move quickly and easily.

Metabolic: Relating to or deriving from the metabolism of a living organism.

Intensity: The quality of being intense.

Components: A part or element of a larger whole, especially a part of a machine or vehicle

Endurance: The capacity of something to last or to withstand wear and tear.