

**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.: 13**

**Lecture Title**

**Benefits of Fitness**

**Glossary**

1. Deteriorating
2. Endocrine
3. Inherent
4. Aphorism
5. Glands