

**Course Name : Bachelor of Physical Education**

**Year : IInd**

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

**Paper No. Ist**

**Lecture No. 15**

**Topic no. : Prac. - 1**

**Lecture Title : Examination of Body Joints, type of Movements and Deformities**

**Glossary**

**Rotation :** The action of rotating about an axis or centre.

**Squeeze :** Manage to get into or through a narrow or restricted space.

**Strength :** The quality or state of being physically strong.

**Precision :** The quality, condition, or fact of being exact and accurate

**Abduction :** The action of forcibly taking someone away against their will.