

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper no. : Ist

Topic no. : Prac. - 2

Lecture No. 17

Lecture Title : Examination of Urine : Chemical, Microscopic

Summary

A urine test checks different components of urine, a waste product made by the kidneys. A regular urine test may be done to help find the cause of symptoms. The test can give information about your health and problems you may have.

The kidneys take out waste material, minerals, fluids, and other substances from the blood to be passed in the urine. Urine has hundreds of different body wastes. What you eat and drink, how much you exercise, and how well your kidneys work can affect what is in your urine.