**Course Name: Bachelor of Physical Education** 

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 19

Topic no.: Prac. - 3

**Lecture Title:** Marking of Bones for Insertion and Origins of Skeletal Muscle - II Glossary

- 1. Groove: A long, narrow cut or depression in a hard material
- 2. Radiated: Diverge or spread from or as if from a central point.
- 3. Vivid: Producing powerful feelings or strong, clear images in the mind.
- **4. Demonstration :** An act of showing that something exists or is true by giving proof or evidence.