

Course Name: Bachelor of Physical Education
Year - IInd
Paper Name - Kinesiology and Physiology of Exercise
Topic Name - Terminology of Movement
Topic No. - Sec - A (2)
Paper No. - I
Lecture No. - 2

Lecture Title

Concept of Movement and Equilibrium

F.A.Q's

Q1. What is G.P.E.?

A1. Gravitational Potential Energy- potential energy of an object that is in a position where gravity can act on it.

Q2. What is meant by force of absorption ?

A2. Force absorption is defined as maintaining equilibrium while receiving a moving object's kinetic energy without sustaining injury or without losing balance while rebounding.

Q3. What is meant by F.C.L ?

A3. First –class lever- the axis is between the point of application of the force and resistance.

Q4. Define inertia ?

A4. Inertia- tendency of a body or object to remain in its present state of motion; an object will stay in a prescribed straight path and will move at its given speed unless some force act to change it.

Q5.what is meant by angular acceleration ?

A5. Angular acceleration (rate that an object's angular speed or direction changes) – angular acceleration is great when there is a large change in angular velocity in a short amount of time.