

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

Glossary

Magnitude - Size; extent; dimensions: to determine the magnitude of an angle.

Rotational - Rotation is movement in which something, e.g. a bone or a whole limb, pivots or revolves around a single long axis

Impact - The action of one object coming forcibly into contact with another

Extremity - The furthest point or limit of something.

Incentive - A thing that motivates or encourages someone to do something