

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

References:

Movement, Posture & Equilibrium: Interaction and Coordination

Links:

<https://www.reference.com>

<http://www.examstutor.com>