

**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**

**Summary**

We move to survive, to learn and to discover. Young students have an insatiable desire for movement. Older students desire for movement may decrease, particularly if it requires physical effort. Using movement concepts through exploration of shapes, levels and pathways, however, involve activities that usually all age students enjoy.