

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 21

Topic no. : Prac. - 4

Lecture Title : Efficiencies Tests : Vital capacity and Expiratory Force Tests - 2

Glossary

- 1. Residual :** Remaining after the greater part or quantity has gone.
- 2. Interpretation :** The action of explaining the meaning of something.
- 3. Coordination :** The ability to use different parts of the body together smoothly and efficiently.
- 4. Exhalation :** The process or action of exhaling.
- 5. Exacerbation :** In medicine, **exacerbation** may refer to an increase in the severity of a disease or its signs and symptoms