

Course Name: Bachelor of Physical Education

Year: IInd

Paper Name: Kinesiology and Physiology of Exercise

Paper No. 1

Topic No. Sec - B (1)

Topic Name: Structural Classification of Muscles

Lecture No.: 3

Lecture Title

Structural Classification of Muscles – 1

Glossary

Forearm - The part of a person's arm extending from the elbow to the wrist or the fingertips.

Gluteal- Relating to the gluteus muscles.

Flexes- Bend or become bent.

Prominently- Particularly noticeable