

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

References :

Anatomy of the Moving Body: A Basic Course in Bones, Muscles, and Joints Paperback – 1 Aug 2008 by Theodore Dimon

Healthy Bones Muscles & Joints by Reader Digest

Links:

<https://www.healthdirect.gov.au>

<http://health-parameters.com>