

**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**

**Summary:**

Knowledge of the position and action of the various muscle groups is of extreme importance to an physical education students as unequal muscle pull is one of the commonest causes of deformity. Paralysed muscles must always be supported in the position of function, which also prevents contractures in the unaffected groups. The practical application of efficient splintage can only be achieved by an intelligent understanding of muscle action.