

**Course Name: Bachelor of Physical Education**

**Year - IInd**

**Paper Name - Kinesiology and Physiology of Exercise**

**Topic Name - Origin Insertion and Action of The Human Muscles**

**Topic No. - Section B (2)**

**Paper No. - Ist**

**Lecture No. - 5**

### **Lecture Title**

### **Origin Insertion and Action of The Human Muscles**

### **Glossary**

**Biceps-** Any of several muscles having two points of attachment at one end, in particular:

**Fibres-** A thread or filament from which a vegetable tissue, mineral substance, or textile is formed.

**Triceps-** Any of several muscles having three points of attachment at one end, particularly also **triceps brachii**. It is the large muscle at the back of the upper arm.

**Axila:** An armpit, or the corresponding part in a bird or other animal.

**Hamstring:** Any of five tendons at the back of a person's knee.