

**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**

**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>