

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.: 4

Lecture Title
Structural Classification of Muscles - 2

Glossary

Anterior: Nearer the front, especially in the front of the body, or nearer to the head or forepart.

Posterior: Further back in position; of or nearer the rear

Voluntary: Done, given, or acting of one's own free will.

Tendons: A flexible but inelastic cord of strong fibrous collagen tissue attaching a muscle to a bone

Cardiac: Relating to the heart.