

**Course Name: Bachelor of Physical Education**

**Year: IInd**

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

**Paper No. 1**

**Topic No. Sec - C (1)**

**Topic Name: Meaning scope and importance of physiology of exercise its scope in physical education**

**Lecture No.: 6**

### **Lecture Title**

### **Meaning Scope and Importance of Physiology of Exercise**

#### **F.A.Qs**

**Q1. What are the types of exercise?**

**A1:** Types of exercise are based on: Flexibility- these are exercises performed to improve the range of motion of muscles and joints. Aerobic- these are rhythmic in nature, uses large muscle groups and can be maintained continuously. Anaerobic- these involve intense or explosive sports or strenuous activity that leaves one gasping for breath. It can be done for a minute or two at a time, because it depends on limited supply of glycogen that is rapidly depleted, resulting in intense muscle fatigue.

**Q:2 What are the Benefits of Physical Exercise?**

**A2 :** Benefits of Physical Exercise includes :

- Maintaining physical fitness including healthy weight
- Building and maintaining healthy bones, muscles and joints
- Promoting psychological well-being.
- Reducing surgical risks
- Strengthening the immune system

**Q3: What are the Adaptation in Physiology of exercise?**

**A3:** Adaptation are the persistent changes in structure or function following training that apparently enables the body to withstand repeated bouts of exercise. Adaptations are long term and are thus not seen until several weeks of training. Examples are: - Reduction of the heart rate for sub-maximal exercise load. This allows the heart to pump the same amount of blood to the working muscles at a lower energy cost for the heart. - Increased muscle size after strenuous weight lifting programme. The lifter exerts greater muscular force than before training.

**Q4: What are two distinct goals of exercise physiology:**

**A4:** Two goals of exercise physiology is

- The use of exercise to further understand how the body functions
- The use of that knowledge to develop activities and programs that establish, maintain, and promote physical fitness.

**Q5: What is the meaning of exercise physiology?**

**A5:** Exercise physiology is the study of how the body reacts to physical exercise, in both the long and short term, and how the body adapts to ongoing exercise and any changes to a routine.