

**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**

#### **Glossary**

**Chronic** - Persisting for a long time or constantly recurring.

**Aerobic** - Relating to or denoting exercise taken to improve the efficiency of the body's cardiovascular system in absorbing and transporting oxygen

**Adaptation-** The process of change by which an organism or species becomes better suited to its environment

**Bouts** - A short period of intense activity of a specified kind.

**Hematology** - The branch of medicine involving study and treatment of the blood