

**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**

### **Links**

<http://wikieducator.org>

<http://www.nationalacademyofkinesiology.org>

<https://en.wikipedia.org>

<https://www.exercise.com>

### **References**

1. Fitness and Wellness Book by Sharon Hoeger and Werner Hoeger
2. Health and Physical Education (Hindi) part -2 (hindi) paperback – 2015 by Dr. HL. Khatri
3. Introduction to Physical Education, Fitness, and Sport (Hardcover)