

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

Summary

Exercise physiology is simply an understanding of how your body responds to exercise. It falls under the umbrella of kinesiology, which is the scientific study of human movement. Exercise physiology is "the identification of physiological mechanisms underlying physical activity, the comprehensive delivery of treatment services concerned with the analysis, improvement, and maintenance of health and fitness, rehabilitation of heart disease and other chronic diseases and/or disabilities, and the professional guidance and counsel of athletes and others interested in athletics, sports training, and human adaptability to acute and chronic exercise.