

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 7

Topic no. : Sec - C(3)

Lecture Title : Role of Energy Cycle in Physical Education Part - I

Glossary

1. Ventilation - Provide fresh air
2. Triggering - Causing a action to happen
3. Pasynterize - Process of producing ATP
4. Exhaustion - A state of extreme physical & mental tiredness
5. Fatigue - Extreme tiredness