

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

References

Educating the Student Body: Taking Physical Activity and Physical Education to School

Links

<http://www.fao.org/docrep/w8079e/w8079e0n.htm>

<http://www.idealit.com/fitness-library/the-three-metabolic-energy-systems>