

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

Summary

The energy that allows us to perform life-sustaining processes, accomplish work, grow, and maintain body temperature ultimately comes from our food stuffs. However, the energy contained in our food stuffs is not readily accessible as a source of energy for the energy requiring processes of the cell. The most commonly used sources for this acid is creatine phosphate.