

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. Ist

Lecture No. 8

Topic no. : Sec - C(3)

Lecture Title : Role of Energy Cycle in Physical Education - II

F.A.Q

Q1. What is glycoysis ?

A1. Glycolysis is the breakdown of six-carbon glucose molecules into two three-carbon pyruvate molecules in the cytoplasm of the cell. Pyruvate produced during glycolysis has two possible fates.

Q2. When energy is needed immediately for continuity of action, who provides energy?

A2. When immediate energy is needed to ensure continuation of action, PC provides that quick energy without oxygen or lactic acid involvement.

Q3. Describe Athlete's heart?

A3. An "athlete's heart" was once thought to be a weakened heart that was injured through too strenuous exercise. There is no scientific basis for this belief, because the normal heart cannot be injured through exercise. Thus, an "athlete's heart" is a strong and efficient heart.

Q4. What are Benefits of Exercise to the Respiratory System?

A4. Increase in the efficiency of the respiratory functions in order to obtain the vital oxygen so necessary for body processes.

Q5. What are Benefits to Other Vital Organs and the Nutritive System?

A5. The digestive system along with the excretory system increases in efficiency as greater demands are placed on them through exercise. Muscular exercise increases the capacity of the cells to build their nutritive powers.