

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

Glossary

1. Sustained - Containing for an extended period
2. Consequence - Result
3. Prolonged - Extended
4. Enrichment - Enhancing the quality
5. Elimination - Complete removal