

**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**

### **References**

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

Physical Activity for Life

### **Links**

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

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