

Course Name : Bachelor of Physical Education

Year : IInd

Paper Name : Kinesiology and Physiology of Exercise

Paper No. I

Lecture No. 1

Lecture Title: General Effects of Systematic Exercise on Respiratory System and Cardiovascular System

Glossary

Tissue - Any of the distinct types of material of which animals or plants are made, consisting of specialized cells and their products.

Influenced – Have an effect on.

Consumption - The action of using up a resource.

Nasal – Relating to the nose.

Injuries – An instance of being injured.