

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

References

<https://www.cdc.gov/nccdphp/sgr/pdf/chap3.pdf>

MACKENZIE, B. (2001) *Physiology - Respiratory System*

Links

<http://www.normalbreathing.com/c-effects-of-exercise-on-the-repiratory-system.php>

<http://www.livestrong.com/article/376756-response-of-the-respiratory-system-to-exercise/>

http://www.teachpe.com/anatomy/short_term_effects.php