

Exercise physiology:

Exercise physiology is the study, which deals with how the human body responds and adjusts to exercise. It is an applied science that deals with various interaction and adjustment physiologically before, after and during exercise.

Aim of this department is examining work physiology how the body reacts to various training regimes, how the adaptation process takes place and the factors that can limit adaptation.

In this department some sophisticated evaluation equipment and instruments are available capable of proving the individual sportsman or woman with a very elaborate evaluation profile.

Metabolic Analyzer



Advance computerized instrumentation (Computer and microprocessor) technology enables exercise scientists to efficiently measure metabolic and physiologic responses to exercise.

Lactate analyzer



It analyzes the level of lactic acid accumulation. Lactic acid creates the tiredness or fatigue of an athlete. By analyzing lactic acid we can know the fitness level of sportsperson and we can give suggestions to the athlete for the proper recovery and proper fitness improvement.

Skin Fold calipers



Skin fold Calipers (Herpenden) is the equipment to assess the percentage of the total body fat by taking the 'Skin fold' at selected points on the body.

Ventilometer



This equipment is suitable for the different lung functions test like Vital Capacity(VC), Peak Expiratory Flow(PEF) etc.

Sit and Reach tester



Sit and reach tester is the equipment to assess the back and hamstring flexibility of a sportspersons.

G. vi mBR vdiRI j vR (Exercise Physiology)

G. vi mBR vdiRI j vR nřj v Ggb GK uU d vj Z veÁvb hv G. vi mBR vdiRI KviřY gvbeř` řni MVb I Kvhřej xi řh c v i e Z ř I c ř Z ř u q v n q ř m m ě c ř K ě a v i Y v c ř v b K ř i | ů ` I k ř m h ř Ĭ m n k i ř t i i v e i f b e Z ř ř Ĭ i G. vi mBR R v b Z c ř v e m ě c ř K ě ř ř Z m n v q Z v K ř i G e s v d i R K ř v j v d U ř b m G i D c v ` v b m g ř n i (ř h g b ř k w ě , M v Z , ` g b g b x q Z v I m g b ř) D b e ř ř b i j ř ř Ĭ k v i x i i K v e l q M ř j v v b t q c ř q v R b x q c i v g k ě c ř v b K ř i | G Q v o v ř L ř j v q v o ř ` i ` ř ř Z v e i ř ř Z c ř v i ř i g K v , v e Á v b v i f v ě K c ř k ř Y I g j ` v q b , A b k ř j ř b i m v ř _ A v i ř ř h v R b G e s c v i ř e k R v b Z c ř v e m ě c ř K ě k i x i e ř ř x q Á v b v b t q A v ř j v P b v K ř i |