

CONTENTS

PART I: PRINCIPLES OF ANATOMY AND PHYSIOLOGY

	AND LILL	Page
Ch	apter	1
1.	Introduction	6
2.	The Skeleton	33
3.	The Muscular System	42
4.	The Muscular System (Continued)	
5.	The Circulatory System	68
6.	The Respiratory System	82
	The Nervous System	101
	RT II: PRACTICAL APPLICATION OF PRINCIPLES TO TRAINING	
8.	The Design, Arrangement and Application of Exercises	112
9.	Breathing Exercises	129
	Corrective Exercises	140
	Supervision of Training and Assessment of Physical Fitness	165

12. Investigations into the Physiological	178
Effects of Training	
APPENDIX-I: TYPICAL EXERCISES	193
APPENDIX-II: ANALYSIS OF PRINCIPLE	212
MUSCLES ACTING IN THE	
TYPICAL EXERCISES	