

**Course Name: Bachelors of Physical Education**

**Year - Ist**

**Paper Name - Introduction to Physical Education**

**Topic Name - History of Gymnastics**

**Topic No. – 3 (a)**

**Paper No. – I**

**Lecture No. – 6**

**Lecture Name**

**Gymnastics: Sweden Denmark and Germany Part 2**

**Glossary**

- 1. Rudimentary:** Involving or limited to basic principles.
- 2. Subjugate:** Bring under domination or control, especially by conquest.
- 3. Rehabilitation:** The action of restoring someone to health or normal life through training and therapy after imprisonment, addiction, or illness.
- 4. Rowing:** The sport or pastime of propelling a boat by means of oars.