

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 1)

Topic No. B (2)

Topic Name: Shot Put

Lecture No.: 46

Lecture Title

Shot Put-1

Glossary

- 1. Momentum-** The quantity of motion of a moving body, measured as a product of its mass and velocity.
- 2. Spin-** Turns or whirls round quickly.
- 3. Torque -** A force that tends to cause rotation.
- 4. Glide-** Move with a smooth, quiet continuous motion