

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 2)

Topic No: B II (1)

Topic Name: Gymnastics

Lecture No.: 52

Lecture Title
Gymnastics – 1

References

1. The Illustrated History of Gymnastics Hardcover – September, 1983 by John Goodbody
2. Gymnastics: Skills - Techniques – Training Paperback- Crowood Sports Guides English By Lloyd Readhead

Links:

<https://www.scribd.com>

<https://en.wikipedia.org>