

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

Summary

Gymnastics requires physical strength and endurance. The gymnast builds tremendous upper-body strength to hoist herself up on the bars or flip across the mat. Lower-body strength is required to land correctly in dismounts and to run and jump. Endurance is required to execute maneuvers over and over until they are mastered. Determination and discipline are required to learn the routines. This builds strong character to accompany the strong body.