

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.: 53

Lecture Title

Skills in Gymnastics

Glossary

1. **Buck:** The male of some horned animals, especially the fallow deer, roe deer, reindeer, and antelopes.
2. **Acrobatic:** Performing, involving, or adept at spectacular gymnastic feats.
3. **Straddle:** Sit or stand with one leg on either side of.
4. **Mounting:** A backing, setting, or support for something.
5. **Grasp:** Seize and hold firmly.