

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

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>