

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-3)**

**Paper Name - Skill and Prowess**

**Topic Name - Skill and Prowess**

**Topic No. – Part – III (B) I**

**Paper No. - B**

**Lecture No. – 15**

### **Lecture Title**

### **Hurdle Races I**

### **Glossary**

**Barriers** - A fence or other obstacle that prevents movement or access.

**Gliding** - To cause to move or pass smoothly, silently, or imperceptibly

**Entitlement** - The belief that one is inherently deserving of privileges or special treatment.

**Vigorously** - Forcefully.

**Trajectory** - The path followed by a projectile flying or an object moving under the action of given forces.