

**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. – 16**

**Lecture Title**  
**Hurdle Races II**

**Glossary**

**Deviations-** The action of departing from an established course or accepted standard.

**Acceleration** - Increase in speed or rate.

**Rhythm** - A strong, regular repeated pattern of movement or sound.

**Strides** - Cross (an obstacle) with one long step.

**Astute** - Having or showing an ability to accurately assess situations or people and turn this to one's advantage.