

**Course Name: Bachelor of Physical Education**

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

**Paper Name - Skill and Prowess**

**Topic Name - Skill and Prowess**

**Topic No. – Part – III (C)**

**Paper No. - B**

**Lecture No. – 22**

### **Lecture Title**

### **Parallel Bar and Horizontal Bar**

### **Glossary**

- 1.Somersaults** - An acrobatic movement in which a person turns head over heels in the air or on the ground and lands or finishes on their feet.
- 2.Straddle** - Sit or stand with one leg on either side of.
- 3.Endurance** - The ability to endure an unpleasant or difficult process or situation without giving way.
- 4.Dismount** - Get off a horse, bicycle, or anything that one is riding.
- 5.Tumbling** - Fall suddenly, clumsily, or headlong.
- 6.Fulcrum-** The point against which a lever is placed to get a purchase, or on which it turns or is supported