

**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. – 23**

**Lecture Title**  
**Balance Beam – 1**

**References**

Foundations of Physical Education, Exercise Science, and Sport  
Book by Charles Bucher and Deborah A. Wuest

Understanding Physical Education  
Book by Ken Green

Physical fitness and health by Dr. Anindita Das

**Links**

<http://www.gymmedia.com>

<https://en.wikipedia.org>

<http://gymnastics.isport.com>