

**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. – 24**

### **Lecture Title**

### **Balance Beam-2**

### **F.A.Q's**

**Question 1. What are the measurement of balance beam ?**

**Answer 1.** A balance beam measures-

- (A) Length-16 feet, 4 inches
- (B) Width-3 feet, 15/16 inches
- (C) Depth-5.4 inches
- (D) Height-3 feet, 9 inches

**Question 2. When in balance beam we compose routine which movements are required ?**

**Answer 2.** (A) Ballet

- (b) leaps
- (c) acrobatics
- (d) balance.

**Question 3. How to learn movements for balance beam ?**

**Answer 3.** Movements should be learned first on the floor and then on the balance beam.

**Question 4. What is Beginning mount ?**

**Answer 4.** Stand facing beam with hands on beam, hip distance apart. Jump up so as to support your body on arms. Lift a straight right leg over the beam and execute a one-quarter turn to the left so as to finish in a crotch seat, facing the length of the beam.

**Question 5. What is knee lever ?**

**Answer 5.** Place hands side by side on beam (thumbs on beam, fingers down the side). Kneel on front leg. Make sure top of foot is flat on beam. Raise back into air, keeping knee straight, toes pointed.

**Question 6. What is the position in high Arababesque?**

**Answer 6.** Stand with weight on front foot, back leg extended directly behind, toes pointed on beam. Keeping torso upright, lift leg as high as it will go. There torso is then dipped forward, allowing the leg to lift higher. It is most important that the arch in the back be maintained.

**Question 7. What is drag lunge ?**

**Answer 7.** Begin standing on left leg, right leg extended forward, and toes on beam. Arms are held sideward, slightly below shoulder level. Lift right leg and execute a giant step forward, chest leading. As right leg touches the beam once again, the arms move forward and overhead. The head drops forward.