

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

Glossary

- (1) Oblique** - Neither parallel nor at right angles to a specified or implied line; slanting.
- (2) Squat** - Crouch or sit with one's knees bent and one's heels close to or touching one's buttocks or the back of one's thighs.
- (3) Arabesques** - A posture in which one leg is extended backwards at right angles, the torso bent forwards, and the arms outstretched, one forwards and one backwards.
- (4) Heron** - Any of various wading birds of the family Ardeidae, having a long neck, long legs, a long pointed bill, and usually white, gray, or bluish-gray plumage
- (5) Dismount** - A move in which a gymnast jumps off an apparatus or completes a floor exercise.