

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

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>