

**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. – 26**

### **Lecture Title**

### **Uneven Bars**

#### **Glossary**

- 1. Apparatus:** The technical equipment or machinery needed for a particular activity or purpose
- 2. Mounts:** Climb up (stairs, a hill, or other rising surface).
- 3. Straddle:** Sit or stand with one leg on either side of.
- 4. Bounces:** Move quickly up, back, or away from a surface after hitting it.
- 5. Giants:** An imaginary or mythical being of human form but superhuman size