

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

Summary

In recent years, the bars have been the source of increased criticism. The new scoring system allows gymnasts to increase their starting value by stringing together difficult movements. As a result, routines have become more risky and more dangerous, raising concerns among many in the gymnastics community. Nevertheless, the significant changes that have occurred in the uneven parallel bars event over the last 50 years have contributed greatly to the sport of gymnastics. The evolution of the bars continues to test even the most powerful gymnasts and has made the event a more dazzling combination of strength, acrobatics and beauty.