

Course Name : Bachelors of Physical Education

Paper No. Ist

Year : IInd

Topic : Brief History of Gymnastics

Topic No : 3 (a)

Paper Name : Introduction to Physical Education

Lecture No : 5

Title : Gymnastics :Denmark, Sweden and Germany Part - I

F.A.Q

1. What is Gymnastics?

Ans : Gymnastics is the mother sports of all other games and sports. Gymnastics is a systematized form of exercise designed to produce effect on the organism. In today gymnastics, those exercises are included, where the rules are framed internationally.

2. Briefly discuss about Modern Gymnastics.

Ans : In 1774, a Prussian, Johann Bernhard Basedow, included physical exercises with other forms of instruction at his school in Dessau, Saxony. With this action began the modernization of gymnastics, and also thrust the Germanic countries into the forefront in the sport. In the late 1700s, Friedrich Ludwig Jahn of Germany developed the side bar, the horizontal bar, the parallel bars, the balance beam, and jumping events. He, more than anyone else, is considered the "father of modern gymnastics." Gymnastics flourished in Germany in the 1800s, while in Sweden a more graceful form of the sport, stressing rhythmic movement, was developed by Guts Muth. The opening (1811) of Jahn's school in Berlin, to promote his version of the sport, was followed by the formation of many clubs in Europe and later in England. The sport was introduced to the United States by Dr. Dudley Allen Sargent, who taught gymnastics in several U.S. universities about the time of the Civil War, and who is credited with inventing more than 30 pieces of apparatus. Most of the growth of gymnastics in the United States centered on the activities of European immigrants, who introduced the sport in their new cities in the 1880s.

3. How Jahn is associated with Gymnastics ?

Ans : Jahn is sometimes condemned for introducing the world to a formalized and artificial type of exercise. Criticism of this kind often results from a failure to understand the philosophy and objectives of a foreign way of life. Jahn recognized the inclination of youth to run, jump, climb, and throw, and his personally planned program gave important consideration to these natural activities. His apparatus work was conducted as stunts, and boys were encouraged to invent new patterns of movement to challenge one another. In his book, German Gymnastics (1816), he expressed a dislike for artificial exercises and was himself critical of Pestalozzi, who promoted exercises in his school at Yverdon designed to improve the flexibility of the joints.

4. What is Spiess's free exercises ?

Ans : Through **Adolph Spiess** experiences in teaching the German system at Burgdorf Spiess became convinced that this type of gymnastic exercise was unsuitable for the school situation. He therefore devised a series of exercises that could be performed in the classroom. Based on the mechanistic theory, these later became known as "free exercises," which could be performed with or without apparatus in the hands

5. How Jahn Expanded German system of Gymnastics ?

Ans : From its modest start on the Turnplatz near Plamann's school in 1811, Jahn's system of gymnastics gradually attracted the enthusiastic support of the German people. For the first time they had an opportunity to participate in a popular movement through which they could gather to exercise, sing, and march. The Turner Society was strictly a German institution, compatible with the political climate and social traditions of its people.