

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

Summary

The word gymnastics mean naked art and comes from the early Greeks. It is believed that the Chinese were the first people to develop activities that resembled gymnastics the Greeks worked with apparatus rather than upon it, while the Romans used apparatus in the form of a wooden horse to practice on. The word gymnasium is also a Greek word which means the ground or place for gymnastic performance.”