

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 2)

Topic No: B II (1)

Topic Name: Gymnastics

Lecture No.: 52

Lecture Title
Gymnastics – 1

FAQ's

Question 1: Tell about Jahn contribution to Gymnastics?

Answer: Jahn is credited with introducing the parallel bars, horizontal bar, the side horse with pommels, and the vaulting buck, before jahn's death, gymnastics were introduced into the German public schools but in a formal nature.

Question 2: How Johann Basedow is related to modern Gymnastics?

Answer: In 1744, 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.

Question 3: How Friedrich Ludwig is associated with Gymnastics?

Answer: 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."

Question 4: What is meant by term "Rhythmic gymnastics"?

Answer: Another type of competitive gymnastics for women is called rhythmic gymnastics, an Olympic sport since 1984. Acrobatic skills are not used. The moving items such as a ball, hoop, rope, ribbon, or Indian clubs, with musical accompaniment.

Question 5: Name the different kinds of Gymnastics?

Answer: Artistic Gymnastics, Rhythmic Gymnastics, Acrobatics, Trampoline.