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Lecture Title
Gymnastics – 1

Script

Welcome to the episode of Physical Education. Friends, today in this lecture we will be talking about Gymnastics. It is a sport involving the performance of exercises requiring balance strength, flexibility, agility, endurance and control.

Gymnastics

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

Brief History

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.”

When the Roman civilization weakened, the common people were discouraged from participating in strenuous, and through the Middle Ages only the knight were formed during sieges and at public performances.

Johann basedow (1723-1790) was the first European to teach organized gymnastic exercises.

Thus Johann Guts Muths (1759-1839) published the first book on gymnastics. Guts Muths is also referred to as the Great-Grand father of Gymnastics.”

After the Napoleonic victories the Germans, a plan for building up the national strength of Germany was formulated by Frederick Jahn during the period 1810 to 1852.

Jahn is credited with introducing the parallel bars, horizontal bar, the side horse with pommels, and the vaulting buck, he believed that the Germans should hike and there they invented these different types of apparatus. In 1842, ten years before Jahn's death, gymnastics were introduced into the German public schools but in a formal nature.

Mats were first used in Copenhagen and Denmark when the military gymnastics institute was opened to teachers in gymnastics. This was accomplished by the Turnverein clubs.

About 1850 a wave of German immigration brought these clubs to America where they were called "turner societies."

In 1865, the American turners established a normal college of the American Gymnastic Union for the purpose of training gymnastic teachers.

Gymnastics took a thorough hold through these turner clubs, Y.M.C.A.'s, schools, and colleges. In an elementary form of modern recreational use in our parks and community centre are the jungle-gyms, teeter-totters, slides, rings, swings, etc. a light and heavy type of apparatus such as: parallel bars, horizontal bar, side horse, buck and flying rings are equipments used in most schools, colleges, clubs, and Y.M.C.A. gymnasiums.

Gymnastics in modern usage and competition generally refers to bodily movements on apparatus, tumbling on mats, trampoline, and calisthenics.

The use of apparatus in American public schools and colleges has been impeded by three main factors.

1. About 1800 Dio Lewis introduced exercises that did not require apparatus and the schools accepted them enthusiastically.
2. The Swedish influence about 1900 emphasized calisthenics.
3. A gradual trend toward recreational activities in America took place after the World War 1.

Since shortly after the end of World War 1, gymnastics has not occupied its rightful place in the total program of high schools and colleges in this country. The trend has been toward mild recreational activities for majority while strenuous competition was encouraged for the small minority.

Modern Gymnastics

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. Clubs were formed as Turnverein and Sokol groups, and gymnasts were often referred to as "turners." Modern gymnastics excluded some traditional events, such as weight lifting and wrestling, and emphasized form rather than personal rivalry.

Modern Competition

Men's gymnastics was on the schedule of the first modern Olympic Games in 1896, and it has been on the Olympic agenda continually since 1924. Olympic gymnastic competition for women began in 1936 with an all-around competition, and in 1952 competition for the separate events was added. In the early Olympic competitions the dominant male gymnasts were from Germany, Sweden, Italy, and Switzerland, the countries where the sport first developed. But by the 1950s, Japan, the Soviet Union, and the Eastern European countries began to produce the leading male and female gymnasts.

Modern gymnastics gained considerable popularity because of the performances of Olga Korbut of the Soviet Union in the 1972 Olympics, and Nadia Comaneci of Romania in the 1976 Olympics. The widespread television coverage of these dramatic performances gave the sport the publicity that it lacked in the past. Many countries other than the traditional mainstays at the time — the USSR, Japan, East and West Germany, and other Eastern European nations — began to promote gymnastics, particularly for women; among these countries were China and the United States.

Modern international competition has six events for men and four events for women. The men's events are the rings, parallel bars, horizontal bar, side or pommel-horse, long or vaulting horse, and floor (or free) exercise. These events emphasize upper body strength and flexibility along with acrobatics. The women's events are the vaulting horse, balance beam, uneven bars, and floor exercise, which is performed with musical accompaniment. These events combine graceful, dancelike movements with strength and acrobatic skills. In the United States, tumbling and trampoline exercises are also included in many competitions.

Teams for international competitions are made up of six gymnasts. In the team competition each gymnast performs on every piece of equipment, and the team with the highest number of points wins. There is also a separate competition for the all-around title, which goes to the gymnast with the highest point total after performing on each piece of equipment, and a competition to determine the highest score for each individual apparatus.

Another type of competitive gymnastics for women is called rhythmic gymnastics, an Olympic sport since 1984. Acrobatic skills are not used. The rhythmic gymnast performs graceful, dancelike movements while holding and moving items such as a ball, hoop, rope, ribbon, or Indian clubs, with musical accompaniment. Routines are performed individually or in group performances for six gymnasts.

Safety rules

1. Daily inspection of apparatus for faults, proper adjustment, and obstruction hazards.

2. Remembers that accidents on apparatus never “just happen.” They are caused, usually through carelessness.
3. Provide an adequate number of mats around apparatus, and keep them when clean. Carry mats do not drag them over floor. Do not overlap mats when placed around apparatus.
4. Build strength and skill progressively; the need of progression from the simple to the more complex must be recognized.
5. Master the art spotting by alternately acting as performer and spotter, respectively.
6. Wise use of magnesium chalk and resin. Sand bars to prevent hand tear.
7. Strict discipline is maintained; fooling and horseplay are absolutely forbidden.
8. Warming-up exercises are essential before practicing stunts.

Equipment

Personal

1. Gymnastics
2. Sweat socks
3. Gym shorts
4. Athletic supporter
5. T Shirt or sweat shirt

Gymnastic

1. Buck
2. Side horse
3. Parallel bars
4. Horizontal bars
5. Rings
6. Plenty of mats
7. Carbonate of magnesium
8. Emery paper to clean bars

At a Glance

Area for the floor exercise	12m×12m
Height of the vaulting table for men and women	105 cm to 135 cm
Duration of time on floor exercise	Min. 50 sec. Max. 70 sec. for men
For women exercise with music	No time limit
No. of players in a team	7(6+1 (extra))
No. of apparatus for men	6
No. of apparatus for women	4

Kinds of Gymnastics

1. Artistic Gymnastics
2. Rhythmic Gymnastics
3. Acrobatics
4. Trampoline
5. Aerobics

All are called sportive gymnastics. But artistic gymnastics is very popular all over the world. It is also called apparatus gymnastics.

Artistic Gymnastics

In artistic gymnastic for men and women there are different apparatus.

Gymnastics Apparatus

For men-six apparatus

1. Floor exercise
2. Pommel horse
3. Roman rings
4. Parallel bars
5. Horizontal bar
6. Vaulting table

For women-four apparatus

1. Floor exercise
2. Balancing beam
3. Uneven bars
4. Vaulting table

Fundamental Skills of Gymnastics

1. On Floor Exercises

- a. Forward roll to hand stand
- b. Backward roll to hand stand
- c. Forward roll to head spring
- d. Hand spring to dive roll
- e. Round off to flick flack
- f. Round off to back roll to hand stand
- g. One leg head spring
- h. One leg hand spring
- i. Forward roll head spring
- j. Hand stand to forward roll with straight legs

2. Vaulting Table

- a. Cart wheel
- b. Hand spring
- c. Hand spring pike

- d. Hand spring pike turn

3. Parallel Bars

- a. Up Start
- b. Front uprise
- c. Shoulder Stand
- d. Hand Stand
- e. Hand stand with 180 degree turn
- f. Hand stand to front turn on the shoulder
- g. Backward roll
- h. Hand stand to cart wheel (dismount)

4. Horizontal Bar

- a. Up start with over grip
- b. Up start with under grip
- c. Short circle
- d. One leg circle with heel foot
- e. Heel foot
- f. Front giant circle
- g. Back giant circle
- h. Swing with through vault (dismount)

5. Roman Rings

- a. Up start
- b. L to hand stand
- c. Shoulder stand
- d. Forward roll
- e. Backward roll
- f. Dislocation

6. Pommeled Horse

- a. Front scissors
- b. Back scissors
- c. One leg circle
- d. Two leg circle

For Girls

1. Beam

- a. Gallop step with balance
- b. Scissor jump
- c. Forward roll
- d. Back roll
- e. Cart wheel
- f. Bridge
- g. Balance

- h. Jumping with split legs
- 2. Uneven bars**
 - a. Up start
 - b. One leg circle
 - c. Short circle
 - d. Short circle to hand stand
 - e. Hip circle

Kinds of competitions

There are four competitions as;

Competition No. 1- competition no 1 is a qualify for individual allround best gymnast, even final and team championship.

Competition No. 2- this competition is for all around best gymnast of the championship.

Competition No. 3- this competition is for apparatus championship. 8 best gymnasts on each event will be admitted to competition No 3.

Competition No. 4- this competition is for team championship.

The evaluation of the competition exercise.

All exercises are evaluated from 10.00 points, exercises are evaluated are on the basis of the following four factors:

1. Difficulty - 2.40 points
2. Exercise presentation – 5.00 points
3. Special requirement – 1.20 points
4. Bonus points – 1.40 points

International gymnastics federation's new code of points are effective from 2001. The new evaluation rules will also be implemented in the junior categories with the basic exercises. The few changes in the rules are as follows:

Stress on Execution:

- a. With a view to maintaining grace in the gymnastics exercises, the FIG has decided to give proper weight age to the execution of an exercise than difficult e.g. one hand giant circle was considered difficult but the technical committee was of the view that the giant circle, with two hands is more graceful.
- b. Penalty for errors in difficulty: the FIG has introduced heavy penalty for errors in difficulty earlier the judges used to deduct only a few points for errors in difficulty. The gymnast can lose even upto points for the mistakes.

Classification of exercises

All exercises are classified into five categories and have different points.

1. A class exercise have 0.10 value
2. B class exercise have 0.20 value
3. C class exercise have 0.40 value
4. D class exercise have 0.60 value
5. E class exercise have 0.80 value

Judging panel

At all FIG competition the judging panel at apparatus will be compared as follows:

Official

Judges	1
Scientific technical collaborator	1
Judges	4
Sectary	1
Time-keeper For floor exercise	1
Time-keeper for women's balance beam	1
Linemen	2
Announcer	1

Exercises are evaluated on the basis of following four factors, subdivided for the A and B juries.

A. Jury: difficult special requirement and bonus points.

B. Exercise presentation (technique and position).

Jury: the juries would award 10 points for each element of difficulty, execution and errors. In other words, the jury will give points out of 30 instead of 10.

Tie breaker rules: the FIG has also introduced tie breaker rules to avoid tracketing gymnasts for medals. For one medal for one gymnast, the FIG has decided to track the deadlock. The best score of the tied gymnastic would be deleted to determine the winner. If the stalemate still continues, the next two best scores could be deleted and the process would continue till the issue is resolved.

Instructional and learning procedures

References gymnastic nomenclature Y.M.C.A

Objectives

- 1. Develop habits of regular exercise.**
- 2. Develop habits of practicing proper mental attitudes.**
 - a. To enjoy doing a thing well**
 - b. To encourage other to do well**
 - c. To help other with their stunts.**
 - d. Learn the nomenclature of skill exercises on apparatus**
- 3. Develop and building up physical efficiency and endurance through the use of activities that will develop:**
 - a. Balance**

- b. Strength**
- c. Courage**
- d. Rhythm and timing**
- e. Coordination**
- f. Good body mechanics**

Plan for course

Five pieces of apparatus will be used: mats tumbling, buck, side horse, parallel bars, horizontal bars, and trampoline, will be used in this course for beginners.

A list of six stunts of, moderate difficulty on each piece of apparatus will be provided. Students may select any three of each of the lists of six stunts on each piece of apparatus for the final performance skill test near the end of the term. Successful performance of the stunts selected by the student will insure passing the tumbling and apparatus skill requirement. These standards are within the ability of almost any student who is willing to put out reasonable effort in practice.

As soon as a student has mastered the required stunts he may specialize on any of the apparatus which he may select or he may learn stunts on different pieces of apparatus. Individual instruction will be given in the learning of new stunts.

Consistent practice on the apparatus will not only give a great deal of pleasure in graceful performance, but will also contribute to the development of strength in the arms, shoulders, and abdominal area, and to improve agility and control of the body in motion.

A written knowledge test will also be conducted at the end of term.

The first day of a class is known as the explanation period,. This period is used to acquaint the student with the apparatus and with the class rotation plan of instruction and its safety methods for each piece of apparatus. All the various stunts for each class period are demonstrated. The students then become acquainted, moving from one piece of apparatus to another, never staying on one longer than ten minutes.

The Buck

1. Straddle vault
2. Squat vault mount
3. Squat vault
4. Scissors vault with half twist
5. Knee vault (jump to knees and dismount).
6. Thief vault.
7. Dive over with forward roll on mat.

Side horse

- 1. Squat vault**
- 2. Straddle vault**
- 3. Front vault**
- 4. Flank vault**
- 5. Wolf vault**
- 6. Thief vault**

7. Support stunt

Parallel bars

- 1. Hand over hand**
- 2. Hop length of bars**
- 3. Ride a bicycle**
- 4. Cross riding seats**

Dips

- 1. Stationary dips.**
- 2. Forward swinging dips**
- 3. Backward swinging dips**
- 4. Combine (b) and (c)**

Straddles

1. Series of straddle seats across bar
2. Single straddle seat to centre of bar with front dismount
3. Cross rest swing
4. Single straddle seat to centre of bar with rear dismount
 - Skin the cat
 - Shoulder balance and roll
 - Dismounts
 - Leg straddle mounts
 - Single and double leg cut-off's
 - Inside bar vault
 - Front uprise
 - Back roll from sitting position

High horizontal bar

- Show correct grasps
- Swing from hang and dismount.
- Chins
- Belly grind
- Skin the cat
- Monkey hang
- Back grind
- Kip or upstart
- Single knee mount
- Hand and knee circles
- Hook swing knee mount
- Short under swing dismount
- Crotch circles
- Swing

Rings

- Inverted hang
- Nest hang
- Monkey hang
- Double cut-off backward
- Swing
- Elementary dismounts
- Dislocation on still or end of swing

Scoring

Gymnastic competitions are judged and scored on both an individual and a team basis. Each competitor must accomplish a required number of specific types of moves on each piece of equipment. Judges award points to each participant in each event on a 0-to-10 scale, 10 being perfect. Judging is strictly subjective; however, guidelines are provided for judges so that they can arrive at relatively unbiased scores.

Usually there are four judges, and the highest and lowest scores are dropped to provide a more objective evaluation. Gymnasts try to perform the most difficult routines in the most graceful way, thus impressing the judges with their mastery of the sport.

So, while concluding Gymnastics requires physical strength and endurance. The gymnast builds tremendous upper-body strength to hoist herself up on the bars or flip across the mat. Lower-body strength is required to land correctly in dismounts and to run and jump. Endurance is required to execute maneuvers over and over until they are mastered. Determination and discipline are required to learn the routines. This builds strong character to accompany the strong body.