

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. – 23

Lecture Title
Balance Beam – 1

F.A.Qs

Question1. What is balance beam ?

Answer1. The balance beam is a women's only event in artistic gymnastics. It is a popular event that is sure to raise the blood pressure of all who watch it being performed, as girls execute multiple spins, flips and leaps across a four inch wide apparatus.

Question 2. What is the composition of beam exercise ?

Answer2. The beam exercise is essentially one of balance composed of acrobatic and gymnastic movements. According to the code of points, the exercise should contain elements of balance, turns and pivots (one being a 360⁰ turn moving forward, backward or sideways), leaps, jumps and hops (one of these must be a large one), steps and running combinations, acrobatic parts and connections, and elements close to the beam and above the beam.

Question 3. What is Handstand Mount ?

Answer3. A Handstand Mount is when two boxes are placed end to end. The gymnast can move from the handstand into a roll, turn or forward walkover the tops of the boxes. The move to handstand from the springboard can be varied, too: the gymnast can straddle or pike up.

Question 4. What are the essential parts of beam exercise ?

Answer4. Essential parts of the beam exercise are jumps, hops, and leaps: these should be varied and practiced on the floor first. Examples of leaps are stride leaps, split leaps, stag leaps, cat leaps, scissors leaps, side straddle jumps.

Question 5. Which movements are useful for gymnast ?

Answer5. (1) Two-legged squat mount

(2) Straddle mount

(3) Straddle over mount

(4) Squat on mount