

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. – 26

Lecture Title

Uneven Bars

FAQ's

Question 1: What are Uneven Bars?

Answer: For many, the uneven bars (bars for short) are one of the hardest events to learn and master. They require strength, balance, coordination, courage and timing—skills tested one by one in the specific required elements.

Question 2: What are the placements of Uneven Parallel Bars?

Answer: The Uneven Parallel Bars are set approximately 4 feet, 11 inches apart from one another with a plus/minus adjustment capability. This significant distance between the bars has made it possible for gymnasts to perform complex release moves including giant swings, flips and twists.

Question 3: What are the different categories of movement's gymnast have in routine?

Answer: The gymnast has following movements in routine.

1. Dismounts: The way the gymnast exits the bars onto the mat.
2. Elementary skills: These skills include moves such as handstands, kip, and hip circles.
3. Giants: A complete rotation around the bars in a handstand.
4. Mounts: The way a gymnast initiates her bar routine.
5. Release moves: A move where the gymnast releases her hands from the bar, performs a trick in the air, and re-grasps the bar.
6. Stalders: Swinging around the bar in a pike or straddle body position from one handstand to another.
7. Transitions: A movement of the hands/body from the low bar to the high and the high bar to the low.

Question 4: What is meant by Limber Check up?

Answer: Sit on floor with legs crossed (Indian style). Grasp arch of the left foot with the left hand. Place the right hand on floor for support, slightly behind body. Raise left into the air until knee is straight. (Pull backward toward left shoulder, keeping the knee straight.) Lower leg to starting position. Repeat with the other leg.

Question 5: What is meant by Torso Circles?

Answer: Stand in a straddle position, arms overhead. Begin bending at waist to the left; continue making a large circle with arms and torso so as to bend sideward,

forward, and sideward up to the original position. Legs remain straight throughout the exercise.