



## FAQs

**Q1. Explain how corrective gymnastics exercises differ from any other regular exercises.**

**Ans.** Corrective gymnastic exercise is an exercise technique which is very different from other regular exercise programs. It starts with a detailed analysis of the physical arrangement of the body. This analysis helps in determining any imbalances or deficits that could be affecting an individual's performance and their daily activities.

**Q2. Define corrective gymnastics exercise.**

**Ans.** Corrective gymnastics exercise is defined as, the scientific use of bodily movement to restore normal function in diseased or injured tissues or to maintain a state of well-being.

**Q3. What are the principles of corrective gymnastics exercise?**

**Ans.** Principles of corrective gymnastics are directed to the solution of each specific deformity in order to establish normal relations between all structures of the musculoskeletal system. It includes exercises that are helpful in correcting deformities and poor posture, as well as the prevention of spinal curvature and the weakening of muscles.

**Q4 What are the benefits of corrective gymnastics exercise?**

**Ans.** The benefits of corrective gymnastic exercises are:

- (1) increases or maintains mobility of the joints and surrounding soft tissues
- (2) develops coordination through control of individual muscles
- (3) increases muscular strength and endurance
- (4) promotes relaxation and relief of tension.

**Q5. What are the general purposes of corrective gymnastics class?**

**Ans.** The purpose of Corrective gymnastic exercise is to enhance the body's biomechanics and eliminates the negative stresses from the body.

**Q6. How does corrective gymnastics exercise helps in preventing disease?**

**Ans.** Participation in gymnastics can help maintain a healthy body, which is a key to preventing numerous health conditions. Being involved in gymnastics helps encourage a healthy lifestyle, including regular physical activity and eating a well-balanced diet.

**Q7. How does corrective gymnastics exercise helps in increasing cognitive functioning?**

**Ans.** Participation in gymnastics not only offer physical gains; it is also beneficial for improving concentration and mental focus – an important aspect in anyone's life. Gymnastics allows participants the chance to think for themselves, to stimulate their imaginations and to solve problems safely.

**Q8. What are the advantages of corrective gymnastics exercise?**

**Ans.** Advantages of corrective gymnastic exercises are:

- Developing social skills
- Increase Flexibility
- Disease prevention
- Develop Strong and healthy bones
- Increased self-esteem
- Increased cognitive functioning
- Increased coordination
- Strength development
- Development of Discipline
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**Q9. What is the main objective of corrective gymnastics exercise?**

**Ans.** The main objective of the corrective gymnastics is to monitor and improve the postural status of children and youth.

**Q10. How frequently joint mobility exercise should be performed to increase joint range?**

**Ans.** Joint mobility exercise should be performed twice daily to increase joint range.