



## FAQs

1. What do you mean by gymnastics?  
Ans: . Gymnastics was basically a pure form of performance, overcoming obstacles which were placed on the ground.
2. Which country has the ancient history revealed to establish a culture which included physical exercise?  
Ans: The ancient history revealed that Chinese were the first nation to establish a culture which included physical exercise.
3. Which country strongly believed that bodily inactivity caused illness?  
Ans: The Chinese strongly believed that bodily inactivity caused illness.
4. What do you mean by gymnasias?  
Ans: A place where the gymnastics was practised is called “gymnasias”.
5. What is the dimension of the mat for floor exercise?  
Ans: The dimension of the mat for floor exercise 12x12 meters (40x40 feet).
6. What are the components to make a balance beam?  
Ans: The balance beam is made of aluminum and covered with vinyl, with foam padding on the top.
7. What are the components to make a high bar?  
Ans: The high bar is made of extremely high-tension stainless steel.
8. What do you mean by Vaults?  
Ans: Vaults are quick but complicated. Gymnasts gather speed running toward the vaulting table, launch themselves off the springboard toward the vault, then propel themselves into the air with a push off the vault, then execute a combination of twists and somersaults before landing on the mat with as much control as possible
9. How long a beam exercise should do by gymnasts?  
Ans: A beam exercise must last no more than 90 seconds.
10. What type of exercise done in UNEVEN BAR?  
Ans: Continuous swinging movements are predominant on this apparatus