

20BP51

(Pages: 2)

Name:

Reg. No.....

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2024

(Regular/Supplementary/Improvement)

CC15U BPES4 T26 – GYMNASTICS

(Specialisation Course)

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any *one* of the following:

1. Elaborate on Basic Gymnastics, Sportive Gymnastics and Gymnastics for other sports.

Or

2. Prepare a Gymnastics Lesson plan for 90 Minutes.

(1 × 15 = 15 Marks)

II. Write short notes on:

3. General development exercise with objects

4. Various types of Gymnasium halls.

5. Any two important personalities in the field of Gymnastics.

(3 × 5 = 15 Marks)

III. Explain the following:

6. Simple Jumps and complex jumps

7. Explain the history of Gymnastics.

8. Different types of Gymnastics competitions at National level.

(3 × 5 = 15 Marks)

IV. Fill in the Blanks:

9. Gymnastics was introduced as an event in Olympics for the first time in the year

.....

10. The height of the balancing beam from the mat is

11. Height of the horizontal bar from the landing mat is

12. Width of the Uneven bar for women is

13. Maximum run up distance for the Vaulting table event is

(5 × 1 = 5 Marks)

V. State true or false:

14. Duration of men parallel bars is limited to 70 Seconds.

15. Nadia Commenechi represented United States of America in in the 1976 Olympic games.

16. The Time Judge will give an audible warning signal at 60 seconds and again at 70 seconds to indicate the maximum time prescribed to the men's section Floor exercise.
17. In an olympic season there is competition only for 4 events in Rhythmic Gymnastics.
18. According to the Code of Points, Front somersault double is an "A" Class element on artistic Gymnastics men's floor Exercise.

(5 × 1 = 5 Marks)

VI. Write answers in one word:

19. Number of events in men's Artistic Gymnastics.
20. Number of events in Women's Artistic Gymnastics.
21. How long should a strength element be held in Rings to be recognized for difficult value.
22. Number of rails in a standard Uneven Bars.
23. Female gymnasts weren't allowed to compete in the Olympic Games until?
24. In the order of performance Which event comes after Vault in men's Artistic Gymnastics.
25. Length of the Balancing Beam.
26. Height of the Women's Vault Table.
27. Dimension of the Landing mat for Rings.
28. After a fall on or from the apparatus, how long does a Gymnast receive to restart the exercise.

(10 × 1 = 10 Marks)

VII. Match the following:

- | | |
|-------------------------|--|
| 29. Li Ning | (a) Rule book for Gymnastics |
| 30. Dipa Karmakar | (b) American Gymnast |
| 31. Ashish Kumar | (c) Chinese Gymnast |
| 32. Code of Points | (d) German gymnast |
| 33. Mitsuo Tsukahara | (e) Artistic Gymnastics Judging |
| 34. Sven Tippelt | (f) Rhythmic Gymnastics |
| 35. D Jury, E Jury | (g) Indian Olympian Gymnast |
| 36. Simone Biles | (h) Japanese Gymnast |
| 37. Fall from apparatus | (i) First Indian Commonwealth Medalist |
| 38. Clubs | (j) Deduction of 1 point |

(10 × 1 = 10 Marks)
