

18BP51

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Name:

Reg. No:

FOURTH YEAR B.P. Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2022

(Regular/Supplementary/Improvement)

CC15U BPSS4 T26 – GYMNASTICS

(Specialization Course)

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any one of the following:

1. How to teach forward roll? Explain the specific warmup and stages.

Or

2. In a Gymnastics Competition, while a gymnast performs the vaulting table, what are the 10 criteria which are considered as “0” vault.

(1 × 15 = 15 Marks)

II. Write short notes on:

3. In an International Gymnastics Championship, how many Judges are present in an apparatus and how should be they seated?
4. While in a competition, what are the disciplines a gymnast should follow?
5. Are there any requirements for performing Men’ Artistic Gymnastics? If so, what are they?

(3 × 5 = 15 Marks)

III. Explain the following:

6. In an apparatus, what is the maximum marks a gymnast can earn? How?
7. What do you mean by Auxiliary Gymnastics? Name some cases when Auxiliary Gymnastics is used and briefly explain.
8. How many Apparatus’ are involved in Rhythmic Gymnastics? What are they? Define.

(3 × 5 = 15 Marks)

IV. Fill in the Blanks:

9. The Landing Mat height on the pommel Horse is _____.
10. While doing a difficult movement, keeping a safety mat in the ground is involved in _____ Apparatus.
11. The Safety Collar is strictly worn while doing _____ movement/element.
12. For the national Gymnastics Championship, the maximum no. of gymnasts allotted from a state is _____.
13. In the Olympics; while the Rhythmic Gymnastics competition, ____ no. of Apparatus’ drops.

(5 × 1 = 5 Marks)

V. State true or False:

14. Shorts or Pants are allowed to wear for a Floor Exercise during the competition.
15. In the Floor Exercise while performing Back saulto 360° twist, if the twist is below 45° angle, the movement shall be considered as a B Group.
16. The same element could be repeated several times.
17. No points shall not be deducted if an extra swing is done.
18. You will still be able to earn your points if you touched the vault for the second time.

(5 × 1 = 5 Marks)

VI. Write answers in one word:

19. Who was the Men' Artistic Gymnastics All round Champion in the 2016 Olympics?
20. What is the Standard Height of the Balancing Beam in the Women Artistic Gymnastics?
21. What are the Maximum marks of each apparatus in the 2016 Olympics?
22. Which vault made Dipa Karmakar win the 4th position in 2016 Olympics?
23. Name the apparatus which made Ashish Kumar get a Bronze medal in the 2010 Commonwealth Games
24. What is the height of the landing mat below the uneven bar?
25. If a Gymnast falls while doing his/her Gymnastic Routine, how much time is allowed to remount?
26. If the coach helps gymnast in the gymnastic movement, will that movement be considered? Yes or No.
27. What is the time to perform Balancing Beam?
28. How many points would be deducted if Bandage wears off?

(10 × 1 = 10 Marks)

VII. Match the Following

- | | | |
|-------------------------|---|----------------|
| 29. WAG | - | Powder |
| 30. Rhythmic Gymnastics | - | Approach Run |
| 31. MAG | - | Gymnastics |
| 32. Apparatus | - | Ball |
| 33. 25 meter | - | Balancing Beam |
| 34. Mother of Sports | - | Rings |
| 35. Tumbling | - | Rotation |
| 36. Jumps | - | Judge |
| 37. Salto | - | Leap Jump |
| 38. Points | - | Length |

(10 × 1 = 10 Marks)
