

17BP51

(Pages: 2)

Name:

Reg. No

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2021

(Regular/Supplementary/Improvement)

BPESS4 T26 – GYMNASTICS

(Specialization 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:

1. General development exercise with objects.
2. Acrobatic Exercises.
3. Any two important personalities in the field of Gymnastics.

(3 × 5 = 15 Marks)

III. Explain the following:

1. Simple Jumps and complex jumps.
2. Explain the history of Gymnastics.
3. Explain various types of Gymnastics halls.

(3 × 5 = 15 Marks)

IV. Fill in the Blanks:

1. Gymnastics was introduced as an event in Olympics for the first time in the year
2. The height of Vaulting table for Women is
3. Height of the Still rings from the landing mat is
4. Width of the Uneven bar for women is
5. Maximum run up distance for the Vaulting table event is

(5 × 1 = 5 Marks)

V. State True or false:

1. Duration of Women Uneven bar exercise is limited to 70 Seconds.
2. Nadia Commenechi represented Romania in the 1976 Olympic games.

3. 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.
4. There is competition only for 4 events in Rhythmic Gymnastics.
5. According to the Code of Points, Front somersault straight is an "A" Class element on artistic Gymnastics men's floor Exercise.

(5 × 1 = 5 Marks)

VI. Write answers in one word:

1. Who is known as the Grandfather of Gymnastics?
2. Number of events in Women's Artistic Gymnastics.
3. How long should be a strength element be held in Rings to be recognized for difficult value.
4. Number of pommels in a standard pommel horse.
5. Duration of Men's Artistic Gymnastics Floor Exercise.
6. In the order of performance Which event comes after Pommel horse in men's Artistic Gymnastics.
7. Length of the Balancing Beam.
8. Height of the Women's Vault Table.
9. Dimension of the Landing mat for Horizontal Bar.
10. 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:

- | | |
|-----------------------------------|---------------------------------------|
| 1. Li Ning | a. Rule book for Gymnastics |
| 2. Dipa Karmakar | b. American Gymnast |
| 3. Ashish Kumar | c. Chinese Gymnast |
| 4. Code of Points | d. German gymnast |
| 5. Mitsuo Tsukahara | e. Artistic Gymnastics Judging |
| 6. Sven Tippelt | f. President FIG |
| 7. D Jury, E Jury | g. Indian Olympian Gymnast |
| 8. Simone Biles | h. Japanese Gymnast |
| 9. Slight bending of arms or legs | i. First Indian Commonwealth Medalist |
| 10. Morinari Watanabe | j. Small Error |

(10 × 1 = 10 Marks)
