

19BP51

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Name:

Reg. No:

FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2023

(Regular/Supplementary/Improvement)

CC15U BPESS4 T26 / CC19U BPESS4 T26 – GYMNASTICS

(Specialization Course)

(2015 Admission onwards)

Time: Three Hours

Maximum: 75 Marks

I. Answer any *one* of the following:

1. Explain the method and requirements for organizing and conducting a Gymnastics Championship.
2. Classify the various kinds of Gymnastics. Elucidate.

(1 × 15 = 15 Marks)

II. Write short notes on:

3. The History of Gymnastics
4. The Importance of Freehand Exercises (without object)
5. Number and forms of apparatus in Women's Artistic and Rhythmic Gymnastics

(3 × 5 = 15 Marks)

III. Explain the following:

6. How many apparatuses are there in Men's Artistic Gymnastics – Sequence from floor? Write any 5 apparatus measurements for the same.
7. State any two personalities in the field of Gymnastics. Write about their contributions.
8. What are simple jumps in Gymnastics?

(3 × 5 = 15 Marks)

IV. Fill in the blanks:

9. _____ is the point awarded in the E Group Element.
10. _____ was the Olympic Champion in the Men's Artistic Gymnastics for the year 2020.
11. _____ cm is the average distance between the Roman rings from the mat.
12. In Men's Artistic Gymnastics, a maximum of _____ gymnasts could partake the National Championship.
13. The total number of gymnasts that could *compete* (as in, play in the field) is _____

(5 × 1 = 5 Marks)

V. State true (T) or false (F):

14. The duration of floor routine is 70 secs.

15. In Rhythmic Gymnastics, one apparatus is removed out of five in Olympic Championship.
16. If a person performing Front Somersault, stretched in an angle of 360 degrees with a straight body, it shall be regarded as C class Element.
17. If a person falls from an apparatus, he/she may be allowed to perform again within a time interval of 30 secs.
18. There are 8 gymnasts in a team participating for a championship.

(5 × 1 = 5 Marks)

VI. Answer in one word:

19. The Height of a horizontal bar.
20. A reason for a person's action to be considered Zero Vault.
21. The Father of Gymnastics.
22. The nationality of the 2020 Olympic Champion Daiki Hashimoto.
23. Number of points deducted if a person falls from the apparatus
24. Duration of Floor Exercises in Women's Artistic Gymnastics
25. Number of points deducted from the final team score if a coach shows any disrespectful demeanor towards the judging panel.
26. Marks awarded for Exercise Presentation (Execution), if a gymnast performs all 7 elements
27. Height of Parallel Bars
28. Height of the landing mat of Pommel Horse

(10 × 1 = 10 Marks)

VII. Match the following:

- | | |
|---------------------------------|--|
| 29. Apparatus for men | a) If a person falls from apparatus |
| 30. 30 seconds | b) Leap Jump |
| 31. Dynamic Flexibility | c) Hoop |
| 32. Rhythmic Gymnastics | d) Parallel Bars |
| 33. Deduction of 1 mark | e) Time for Remount |
| 34. Women's Artistic Gymnastics | f) Men's Artistic Gymnastics |
| 35. Horizontal Bars | g) Floor Men |
| 36. 70 seconds | h) Uneven Bars |
| 37. Magnesium Carbonate Powder | i) All Apparatus |
| 38. Dismount | j) Used while doing Gymnastics Apparatus |

(10 × 1 = 10 Marks)
