

**15BP48**

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Name:.....

Reg. No.....

**FOURTH YEAR B.P.Ed. (INTEGRATED) DEGREE EXAMINATIONS, APRIL 2019**

**CC15U BPESS4 T26 – GYMNASTICS**

(Specialization Course)

(2015 Admission Regular)

Time: Three Hours

Maximum: 75 Marks

I. Answer any one of the following:

1. Explain the different Kinds of Gymnastics.
2. Prepare a Gymnastics Lesson plan for 45 Minutes.

**(1 x 15 = 15 Marks)**

II. Write short notes on:

1. The importance of Free exercise without objects.
2. Any two important personalities in the field of Gymnastics.
3. Competition attire prescribed for Artistic Gymnastics.

**(3 x 5 = 15 Marks)**

III. Explain the following:

1. Explain the procedure of organizing a Gymnastics Championship.
2. Explain the history of Gymnastics.
3. Explain simple jumps in Gymnastics.

**(3 x 5 = 15 Marks)**

IV. Fill in the Blanks:

1. Gymnastics was introduced as an event in Olympics for the first in the year .....
2. The height of Vaulting table for men is .....
3. Height of the horizontal bar from the landing mat is .....
4. Length of the Parallel bar for men is .....
5. The president of FIG is .....

**(5 x 1 = 5 Marks)**

V. State true or false:

1. Gymnastics is known as the mother of all Sports.
2. Nadia Commenechi is an American Gymnast.
3. Duration of Men Parallel bar exercise is limited to 70 Seconds.
4. There is competition only for 4 events in Rhythmic Gymnastics.

5. According to the Code of Points, Front somersault tuck is an “A” Class element on artistic Gymnastics men’s floor Exercise.

**(5 x 1 = 5 Marks)**

VI. Write answers in one word.

1. Who is known as the father of Gymnastics?
2. Number of events in Men’s Artistic Gymnastics.
3. Number of members in the Men’s Artistic Gymnastics team for the 2016 Olympic Games.
4. Number of events in Women’s Artistic Gymnastics.
5. Duration of Men’s Artistic Gymnastics Floor Exercise.
6. In the order of performance which event comes after Floor Exercise 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. The Nationality of Friedrich Ludwig Jahn.

**(10 x 1 = 10 Marks)**

VII. Match the following:

- |                           |                                       |
|---------------------------|---------------------------------------|
| 1. Friedrich Ludwig Jahn  | a. Rule book for Gymnastics           |
| 2. Dipa Karmakar          | b. American Gymnast                   |
| 3. Ashish Kumar           | c. Chinese Gymnast                    |
| 4. Code of Points         | d. Japanese Gymnast                   |
| 5. Vitaly Scherbo         | e. Turnverein movement                |
| 6. Kōhei Uchimura         | f. President FIG                      |
| 7. Xiao Ruoteng           | g. Indian Olympian                    |
| 8. Simone Biles           | h. USSR Gymnast                       |
| 9. Abdulrahman Al Shathri | i. First Indian Commonwealth Medalist |
| 10. Morinari Watanabe     | j. President AGU                      |

**(10 x 1 = 10 Marks)**

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