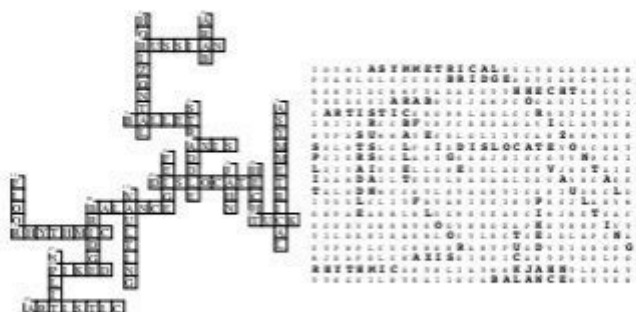


Physical Education 12 Answers



- Why is gymnastics often considered to be the "parade" of all sports or athletic activities?
The sport can be visually exciting. Spectators can watch body movements that are exquisite.
- What are some of the physical benefits to be derived from participating in gymnastics?
Participating in the sport helps to exercise almost all body parts. This sport also builds strength and endurance.
- What are the two types of gymnastics most commonly seen in competition and what is the difference between them?
Artistic gymnastics and rhythmic gymnastics. Artistic gymnastics are performed on equipment and on floor mats. Rhythmic gymnastics is a mix of acrobatics, juggling and ball.
- Which countries now dominate the international gymnastics scene and why?
Currently Eastern European countries like Romania and Russia dominate international gymnastics.
- What is an "axis" or "edge" or "Arab spring"?
An axis is an imaginary line around which the body rotates.
A fedge takes place on the parallel bars. The gymnast hangs upside down as he turns backward and lets go, re-grasp the bars in the front position.
An Arab spring is a move in which the legs come together as the body makes a one-quarter turn.
- How would you execute a Hecht jump in a gymnastics competition?
A Hecht jump is executed from the highest of two asymmetrical bars in which the body is held around the lower bar and continues to circle until the legs point down at a 45-degree angle.
- Describe the vault exercise in women's Olympic competitions. What do the terms "first flight" and "second flight" have to do with this exercise?
The first flight is the first half of an movement. It is the point at which judges carefully watch the take-off. In the second flight, the gymnast moves from the vault to the dismount.
- What are the criteria for judging the men's floor exercises in men's competitions?
Judges base their opinions on how well a gymnast combines motions in a rhythmic way.
- What is the balance beam exercise test and how is it performed?
The balance beam is a length of wood about 4 inches wide along which the gymnast jumps, leaps, turns and performs acrobatic.
- Why must most gymnasts begin to train at a very early age?
Gymnasts start their training early both because of the intense competition involved. Often young gymnasts perform better than older competitors because of the range of movement in a younger person's body.

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