

(6 pages)

Reg. No. :

Code No. : 40641 E Sub. Code : SMPE 12

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2019.

First Semester

Physical Education - Main

THEORIES OF GYMNASTICS

(For those who joined in July 2017 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL the questions.

Choose the correct answer:

1. The maximum height of the Roman ring hanging from the floor is
- (a) 2.00 mts
 - (b) 2.50 mts
 - (c) 3.00 mts
 - (d) 4.00 mts

2. Run way of vaulting horse is
 - (a) 21 m
 - (b) 25 m
 - (c) 13 m
 - (d) 31 m
3. Progressions in gymnastics are essential to _____.
 - (a) reduce the risk of injury
 - (b) ensure correct technique
 - (c) develop confidence
 - (d) demonstrate safe practice
4. In general, when supporting gymnasts one should _____.
 - (a) use as many mats as possible
 - (b) always support new skills
 - (c) support according to the strengths and weaknesses of the gymnast
 - (d) keep close to the gymnast and support around the centre of mass
5. World cup Gymnastics competition is held in every _____ years.
 - (a) 5
 - (b) 1
 - (c) 2
 - (d) 4

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6. Height of the parallel bars
 - (a) 2.40 mts
 - (b) 3 mts
 - (c) 1.70 mts
 - (d) 2.50 mts
7. Who is the father of Gymnastics?
 - (a) Thomas
 - (b) William G. Morgan
 - (c) Fredrich John
 - (d) Albert
8. The Greek word Gymnos' means
 - (a) Naked
 - (b) Brisk
 - (c) Strong
 - (d) Able
9. Which state stands first in the Indian Gymnastics?
 - (a) Assam
 - (b) West Bengal
 - (c) Madhya Pradesh
 - (d) Orissa
10. Length of the parallel bar is
 - (a) 2.50m
 - (b) 3.50m
 - (c) 4.00m
 - (d) 3.75m

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PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Explain about the history of gymnastics in India.

Or

- (b) Explain about the world events gymnastics.

12. (a) Explain the importance of warming up exercises.

Or

- (b) Explain the importance of cool down exercises.

13. (a) List down the basic positions and movements in gymnastics.

Or

- (b) Explain the methods and techniques involved in parallel bar exercises.

14. (a) Explain the basic techniques involved in vaulting for women.

Or

- (b) List down the types of vaulting exercises for women.

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15. (a) Explain the qualifications of judges in gymnastics.

Or

- (b) Explain the procedures of maintenance of gymnastic equipments.

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Give the details about the types of floor exercises for women.

Or

- (b) Draw and explain about vaulting horse.

17. (a) Briefly explain the rules of gymnastics competition.

Or

- (b) List down the gymnastics equipments and explain any two in detail.

18. (a) List down the basic exercises on Asymmetric bar.

Or

- (b) Explain any two major competition in Gymnastics.

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19. (a) Explain about the techniques involved in the Asymmetric bar.

Or

- (b) List down the basic exercises in the horizontal bar.

20. (a) Explain the techniques involved in the horizontal bar exercises.

Or

- (b) Explain the history of gymnastics in Asia.

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