

Semester III

Paper-7 : GYMNASTICS

Max. Marks =150

(42 Hours)

Unit-I
Brief history of gymnastics with special reference to India, (Book-1, Ch.1, Book-3, Ch.1, Book-13, Ch.1)

Fundamental skills:-

Men
Floor exercise (Book-1, Ch.2)
Forward roll (Book-2, Ch.8)
Backward roll (Book-3, Ch.11)
Handstand (Book-2, Ch.8)
Cartwheel (Book-2, Ch.8)
Hand stand to forward roll(Book-2, Ch.8)

Women
Floor exercise (Book-1, Ch.2)
Forward roll (Book-3, Ch.12)
Backward roll, (Book-2, Ch.8)
Handstand (Book-2, Ch.8)
Cartwheel (Book-2, Ch.8)
Leg Split (Book-2, Ch.8)

(8 Hours)

Unit-II
Parallel Bars(Book-1, Ch.II-5, Book-3, Ch.13)
Under Arms swing Upper Arms Support Position
Perfect swing
Shoulder stand to roll forward
Front or backward swing to the side (dismount)

Balancing Beam (Book-2, Ch.6, Book-2, Ch.18).
Turning movement on the beam (90° Turn, 180° Turn & 360° Turn)
Cat jump, Tuck Jump, Stretch Jump, Pike Jump
Different kinds of scales(forward, Bachkward and sideward)
Mount (1/4 turn to cross sitting)
Dismount (Jump form the end of the beam with leg straddle in the air) and landing on ground with legs together

Table Vault (Book-2, Ch.12)
Squat Vault/ stoop vault
Squat vault

Table Vault (Book-2, Ch.5)
Straddle vault/ Stoop Vault
Straddle vault

(8 Hours)

Unit-III
Roman Rings (Book-1, Ch.II-3)
Perfect swings
Back Uprise
Inlocation with bent body
Shoulder stand
Straddle Dismount

Uneven Parallel Bars (Book-3, Ch-19).
different kinds of grips
back turn over (Mount)
Fraddle Dismount
straddle circle forward and backward
Back hip circle forward and backward
Hip circle forward

(8 Hours)

Unit-IV
Horizontal Bar (Book-1, Ch. II- 6)
Perfect swing on horizontal bar
Back Turn over to Mount(Book-1, Ch.II-6)
Back Hip circle
Hip Circle Forward
Fraddle dismount

Pommel Horse (Book-1, Ch.II 2)
Shifting of Grips
Swing
Scissor (forward)
Single Leg Circle
Single leg circle from uneven support to dismount sideways.

(9 Hours)

Unit-V
Men & Women- Important competitions at National, International levels, Fundamental skills:- (Book-1, Ch.II2)

- Evaluation of 20 points in Artistic. (Book-3, Ch.6,7,5,3)
- Duties and Functions of Gymnastics.
- Regulation, Duties and –Right of Gymnastic.
- Type of Gymnastics
- Types of Competition.

(9 Hours)

Practical (28 Hours)

Exercises:-

1. Floor exercise
2. Parallel Bars
3. Balancing Beam
4. Vaulting Horse

ESSENTIAL READINGS

Book 1: Chakraborty S and Sharma L (1995). Fundamental of Gymnastics. D.V.S. Pub. New Delhi.

Book 2 : Chakraborty S (1998). Women's Gymnastics. Friends Pub. Delhi.

Book 3: Brown and Wardell (1980). Teachign and Coaching Gymnastics for Men & Women. John Wiley & Sons.

SUGGESTED READINGS

Chakraborty S (1995). Fundamental of Gymnastics. DVS Pub. New Delhi.

Code of Points Trampoline Gymnastics (2005). Federation Int. De Gymnastics

Derry G (1988). Personal Best Gymnastics. Willionm Colliv. London.

Federation International Gymnastics (2006). Federation Int. De Gymnastics

Harvey FJ (1998). Physical Exercises & Gymnastics. Khel Sahitya. New Delhi.

Jain R (2005). Play and Learn Gymnastics. Khel Sahitaya Kendra

Jain R (2003). Play and Learn Gymnastics. Khel Sahitaya Kendra. New Delhi.

Pearson D (1991). Play The Game Gymnastics. Ward Lock. Britain.

Smither Graham (1980). Behing The Scence of Gymnastics. London.

Turoff Fred (1991). Artistic Gymnastics. C. Brown. U.S.A.

Theory 100 Marks (75 + 25 Internal Assessment).

Practicals = 50 Marks