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GYMNASTICS



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

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з англійської мови

для самостійної та аудиторної роботи

з теми

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для студентів III курсу

денної та заочної форми навчання

за напрямками підготовки «фізичне виховання» та «спорт»

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GYMNASTICS

Text A

Pre-text exercises

1. Read and learn the active vocabulary.

agility, <i>n</i>	- рухливість, жвавість
balancing exercises	- вправи на рівновагу
beam, <i>n</i>	- колода
choreographed, <i>adj</i>	- хореографічний
club, <i>n</i>	- булава
disabled people	- неповносправні люди
determine	- визначити, вирішувати
equipment, <i>n</i>	- устаткування, обладнання
execution, <i>n</i>	- виконання, здійснення
exercises for suppleness, <i>n</i>	- вправи на гнучкість
exercises on apparatus, <i>n</i>	- вправи на приладі
flexibility, <i>n</i>	- гнучкість
graceful, <i>n</i>	- граціозний, витончений
hoop, <i>n</i>	- обруч
perform, <i>v</i>	- виконувати, здійснювати
permit, <i>v</i>	- дозволяти, допускати
remedial gymnastics, <i>n</i>	- лікувальна гімнастика
ribbon, <i>n</i>	- стрічка
routine, <i>n</i>	- заведений порядок, певний
score, <i>v</i>	- набирати очки
set of events	- набір номерів (у програмі)
skipping rope, <i>n</i>	- скакалка
still rings, <i>n</i>	- нерухомі кільця
strength, <i>n</i>	- сила
therapeutic purpose, <i>adj</i>	- терапевтична мета

2. Translate without using a dictionary.

Composition, term, form, athletic, formal, test, parallel, tactics, program, modern, federation, gymnast, mat, acrobatic, composition, system, rhythmic, therapeutic, student, interest, individual, train.

3. Read and translate the text.

GYMNASTICS

Gymnastics originally meant "to train in athletic exercises". The term was first used in early Greece and it applied to all forms of athletic exercises such as running, jumping, throwing the javelin and wrestling. Formal gymnastics had its beginning in Germany early in the nineteenth century and soon spread throughout middle Europe.

Gymnastics is a competitive sport that tests an athlete's strength, rhythm, balance, flexibility, and agility. There are various exercises in gymnastics: hanging exercises, free exercises, balancing exercises, exercises for suppleness, compulsory exercises, conditioning exercises, voluntary exercises, exercises on apparatus, exercises with ribbons, etc. The modern form of gymnastics typically involves exercises on uneven bars, balance beam, floor exercise and vault (for women), high bar and parallel bars, still rings, floor exercise, vault and pommel horse (for men).

There are two forms of competitive gymnastics: artistic gymnastics, divided into men's and women's competition, and rhythmic gymnastics, open only to women. Artistic gymnastics consists of prescribed sets of events, each of which is scored separately by judges in order to determine a winner. Rhythmic gymnastics consists of several events in which the gymnasts use different forms of hand apparatus to perform choreographed movements, which are judged to determine a winner.

The term gymnastics also refers to a system of physical exercises used for therapeutic or educational purposes. Therapeutic or remedial gymnastics is a series of selected exercises that help relieve physical discomfort or restore function to disabled people. Educational gymnastics is a program that challenges students to master tactics involving strength, flexibility, and conditioning.

Artistic gymnastics competition has been part of the modern Olympic Games since they began in 1896, but extensive television coverage in the late 20th century contributed to the enormous interest that developed in the sport at that time. In Olympic competition, performance is scored on a 10-point scale by four to six trained judges. A level of difficulty is figured into the overall score, which is then averaged after the individual high and low scores by the judges are eliminated. Standards for each gymnastics event are determined by the International Federation of Gymnastics, located in Moutier, Switzerland. In competitive gymnastics, teams consist of seven members. Six compete on each event, with the five highest scorers counting toward the overall team score. (The individual competitors earn points toward a team total.)

In rhythmic gymnastics, which became an Olympic sport in 1984, gymnasts compete on a mat about 12.5 m (41 ft) square. Using rope, a hoop, a ball, clubs, and a ribbon (in separate events), they perform choreographed movements set to music. Some acrobatic movements are permitted, but no flight is allowed. Each competitor is judged on composition, or on the difficulty of what she does, and execution, or how well she does it. The goal is to work harmoniously with the equipment to perform a graceful and effortless routine. There are also two team events in which five competitors perform together.

(Originated from "Gymnastics," Microsoft® Encarta® Encyclopedia 2000. © 1993-1999 Microsoft Corporation.)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|--------------------------|----------------------------|
| 1) competitive sport | 6) remedial gymnastics |
| 2) set of events | 7) determine a winner |
| 3) restore functions | 8) team events |
| 4) athlete's flexibility | 9) choreographed movements |
| 5) enormous interest | 10) selected exercises |

2. Match the definitions to the following notions.

- | | |
|-------------------|---|
| 1. apparatus | a) a bar standing 2.75 metres high, used in men's artistic gymnastics; also called the "horizontal bar"; |
| 2. element | b) two parallel rings 50cm apart, suspended from a cable and straps and held, one in each hand, for a series of exercises in men's artistic gymnastics particularly requiring stillness of the body; also called the "rings"; |
| 3. amplitude | c) the performance of a routine: form, style, and technique used to complete the skills; |
| 4. beam | d) one of the various pieces of equipment used in gymnastic events; |
| 5. execution | e) a large ring of plastic, wood or iron; |
| 6. high bar | f) an event in men's and women's artistic gymnastics where a gymnast performs a series of exercises on an open 12-metre-square of mats; |
| 7. floor exercise | g) an apparatus consisting of two wooden rails on uprights, adjustable in height and used for swinging, vaulting and balancing exercises in men's artistic gymnastics; |
| 8. still rings | h) a single move that has a recognised way of performance and technical value; |
| 9. parallel bars | i) a wooden bar that is used in the sport of gymnastics for people to move and balance on; |
| 10. hoop | j) the height or degree of execution of a move. |

3. Combine the following words and translate them.

- | | |
|-----------------|----------------|
| 1) rhythmic | a) people |
| 2) educational | b) score |
| 3) physical | c) exercise |
| 4) acrobatic | d) competition |
| 5) floor | e) bars |
| 6) disabled | f) movements |
| 7) uneven | g) rings |
| 8) overall team | h) gymnastics |
| 9) gymnastics | i) discomfort |
| 10) still | j) purpose |

4. Insert the prepositions where necessary.

by, *into,* *from,* *of (4),* *in (4),* *upon,*
on (2), *for,* *throughout,* *with,* *without*

1. The term gymnastics was first used ... early Greece.
2. Formal gymnastics had its beginning ... Germany early ... the nineteenth century and soon spread ... middle Europe.
3. The contemporary form of gymnastics includes exercises ... uneven bars, balance beam and vault (for women).
4. The term gymnastics also refers to a system ... physical exercises used ... therapeutic and educational purposes.
5. Each competitor is judged ... composition or ... the difficulty what she does or how well she does it.
6. The exercises and movements, ... which gymnastics is based, are the natural activities such as swinging, hanging, jumping and vaulting.
7. Rhythmic gymnastics consists ... several events ... which the gymnasts use different forms ... hand apparatus.
8. Gymnasts perform different exercises ... any objects or ... objects.
9. Gymnastics evolved ... exercises used ... the Ancient Greeks.
10. Artistic gymnastics is usually divided ... Men's and Women's Gymnastics.

5. Match two parts of the sentences.

- | | | |
|---|----|---|
| 1. Gymnastics is a sport involving performance of exercises ... | a) | ... a system of physical exercises used for educational and therapeutic purposes. |
| 2. Artistic gymnastics has become a popular spectator sports ... | b) | ... horizontal bar, parallel bars, uneven bars, still rings and others. |
| 3. The sport of international, competitive gymnastics is governed by ... | c) | ... at the Summer Olympic Games. |
| 4. Gymnasts exercise on the ... | d) | ... physical discomfort and restore function to disabled people. |
| 5. Rhythmic gymnastics is a combination of gymnastics and ballet ... | e) | ... the International Federation of Gymnastics. |
| 6. The term gymnastics refers to ... | f) | ... hoops, balls, scarves, ribbons, skipping-ropes and clubs. |
| 7. Rhythmic gymnastics ... | g) | ... artistic gymnastics and rhythmic gymnastics. |
| 8. Girls perform different exercises without any objects or with objects such as: ... | h) | ... that is why only girls go in for it. |
| 9. Remedial gymnastics helps to relieve ... | i) | ... requiring physical strength, agility and coordination. |
| 10. There are two forms of competitive gymnastics: ... | j) | ... became an Olympic sport in 1984. |

6. Answer the following questions.

1. When was the term gymnastics used for the first time?
2. What is gymnastics?
3. What exercises does gymnastics include?
4. What objects are used in rhythmic gymnastics?
5. Where is the International Federation of Gymnastics located?
6. On what apparatus do you train?
7. What two forms of gymnastics do you know?
8. What equipment can you use in rhythmic gymnastics?
9. What is the aim of rhythmic gymnastics?
10. Name the most outstanding gymnasts in our country.

7. Finish the following sentences.

1. There are various exercises in gymnastics: ...
2. The term gymnastics applied to all forms of athletic exercises such as ...
3. Artistic gymnastics is divided into ...
4. Artistic gymnastics consists of ...
5. Rhythmic gymnastics consists of ...
6. Standards for each gymnastics event are determined by the ...
7. In competitive gymnastics teams consist of ...
8. Artistic gymnastics competition has been part of ...
9. Therapeutic or remedial gymnastics is a series of ...
10. Educational gymnastics is a ...

Text B

1. Read the text to find the information about:

- 1) *the physical educators – Johann Friedrich GutsMuth (1759 – 1839) and Friedrich Ludwig Jahn (1778 – 1852);*
- 2) *the International Gymnastics Federation;*
- 3) *the men's gymnastics competition;*
- 4) *the gymnast “ a fourteen year old, ponytailed girl” Nadia Comaneci;*
- 5) *the new points system in gymnastics in 2006.*

Gymnastics as a system of harmonious sports training originated in the Ancient Greece more than 2,000 years ago, although gymnastic exercises and even some sort of apparatus were used in the ancient China and India for medical purposes much earlier. The system was mentioned in works by ancient authors, such as Homer, Aristotle and Plato. It included many disciplines, which would later become separate sports: swimming, race, wrestling, boxing, riding, etc. and was also used for the military training. To the Ancient Greeks, physical fitness was paramount, and all Greek cities had a gymnasium, a courtyard for jumping, running, and wrestling. As the Roman Empire ascended, Greek gymnastics gave way to military training. The Romans, for example, introduced the wooden horse. In 393 AD the Emperor Theodosius abolished the Olympic Games, which by then had become corrupt, and gymnastics, along with other sports declined. Later, Christianity, with its medieval belief in the base nature of the human body, had a deleterious effect on gymnastics. For centuries, gymnastics was all but forgotten. In 1881 International Gymnastics Federation was founded and remains the governing body of international gymnastics since then. It included only three countries and was called European Gymnastics Federation until 1921, when the first non-European countries joined the federation, and it was reorganized into its present form. Gymnastics was included into the

program of the 1896 Summer Olympics, but women were allowed to participate in the Olympics only since 1928. World Championships, held since 1903 also remained for men only until 1934. Since that time two branches of artistic gymnastics have been developing – WAG and MAG – which, unlike men's and women's branches of many other sports, are much different in apparatus used at the major competitions, in techniques and concerns. In the late eighteenth and early nineteenth centuries, however, two pioneer physical educators – Johann Friedrich GutsMuth (1759 – 1839) and Friedrich Ludwig Jahn (1778 – 1852) - created exercises for boys and young men on apparatus they designed that ultimately led to what is considered modern gymnastics. In particular, Jahn crafted early models of the horizontal bar, the parallel bars (from a horizontal ladder with the rungs removed), and the vaulting horse. By the end of the nineteenth century, men's gymnastics competition was popular enough to be included in the first "modern" Olympic Games in 1896. However, from then on until the early 1950s, both national and international competitions involved a changing variety of exercises gathered under the rubric gymnastics that would seem strange to today's audiences: synchronized team floor calisthenics, rope climbing, high jumping, running, horizontal ladder, etc. During the 1920s, women organized and participated in gymnastics events, and the first women's Olympic competition – primitive, for it involved only synchronized calisthenics - was held at the 1928 Games in Amsterdam. By the 1954 Olympic Games apparatus and events for both men and women had been standardized in modern format, and uniform grading structures (including a point system from 1 to 10) had been agreed upon. At this time, Soviet gymnasts astounded the world with highly disciplined and difficult performances, setting a precedent that continues to inspire. The new medium of television helped publicize and initiate a modern age of gymnastics. Both men's and women's gymnastics now attract considerable international interest, and excellent gymnasts can be found on every continent. Nadia Comaneci received the first perfect score, at the 1976 Olympic Games held in Montreal, Canada. She was coached by the famous Romanian, Bela Karolyi. According to Sports Illustrated, Comaneci scored four of her perfect tens on the uneven bars, two on the balance beam and one in the floor exercise. Unfortunately, even with Nadia's perfect scores, the Romanians lost the gold medal to the Soviets. Nadia will always be remembered as "a fourteen year old, ponytailed little girl" who showed the world that perfection could be achieved. In 2006, a new points system was put into play. Instead of being marked 1 to 10, the gymnast's start value depends on the difficulty rating of the exercise routine. Also, the deductions became higher: before the new point system developed, the deduction for a fall was 0.5, and now it is 0.8. The motivation for a new point system was to decrease the chance of gymnasts

getting a perfect score. The sport can include children as young as three years old and sometimes younger doing kindergym and children's gymnastics, recreational gymnasts of all ages, competitive gymnasts at varying levels of skill, as well as world class athletes.

2. Are the sentences true or false? Correct any false sentences.

1. Gymnastics as a system of sports training originated in the South America more than 1500 years ago.
2. The system of harmonious sports was mentioned in works by ancient authors.
3. All Greek cities had a gymnasia, a courtyard for jumping, running, and wrestling.
4. By the end of the twentieth century, men's gymnastics competition was popular enough to be included in the first "modern" Olympic Games.
5. The first women's Olympic competition was held at the 1928 in Athens.
6. Nadia Comaneci was coached by the famous Romanian, Bela Karolyi.
7. Comaneci scored four of her perfect tens on the uneven bars, one on the balance beam and two in the floor exercise.
8. Fortunately, with Nadia's perfect scores, the Romanians won the gold medal.
9. Only men's gymnastics now attract considerable international interest and excellent gymnasts can be found on every continent.
10. The sport can include children as young as five years old and sometimes younger.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.**Olympic Gymnastics: The Rules and How Events are Scored.**

Watching Olympics gymnasts move with such incredible precision, grace and control can be truly awe-inspiring, but have you ever wondered what makes one impressive routine score higher than the others? With some Olympic gymnasts training 40 hours a week, one thing is clear: becoming an Olympic-quality athlete is a full-time commitment. Now let's try to shed some light on a few things that aren't as clear, like components of the categories, competition and scoring of Olympic gymnastics.

Categories and Events

Gymnastics isn't the same kind of sport as basketball or baseball, where there is pretty much only one way to play the game. Rather, gymnastics is an umbrella term for many different ways to demonstrate grace, control and artistry with the body. There are three gymnastics disciplines and a variety of individual events within them. The three major disciplines are:

Trampoline: The trampoline category debuted in Sydney in the year 2000. The category holds one individual event each for men and women.

Rhythmic gymnastics: Only women compete in rhythmic gymnastics, and there are both individual and group competitions. Athletes perform to music using a rope, hoop, ball, clubs or ribbon.

Artistic gymnastics: When most people think of gymnastics, they are probably thinking of the artistic gymnastics discipline, which has been a part of the modern Olympics since 1896. Athletes show their skill on equipment called apparatus, including the still rings, uneven bars, high bar, parallel bars, pommel horse and vault (the floor is considered an apparatus too).

Scoring

The image of three judges holding up cards with their scores based on a ten-point scale has become somewhat iconic, but the "perfect ten" model was changed after it caused confusion in the 2004 Games. Now there is no maximum score, because there is no limit to how many difficulty points a gymnast can earn. Gymnastics athletes gain or lose points based on the decisions of two judges' panels:

E panel: Six judges on the E panel determine how well an athlete's routine is executed. They start with a score of ten and subtract points for mistakes. The deductions can range from .1 points for a small error to one whole point if the gymnast falls. To calculate a gymnast's final execution score, the highest and lowest score is thrown out, and the remaining four scores are averaged together.

D panel: Two D-panel judges determine the difficulty score for the gymnast's

routine by starting at zero and adding points for three categories: requirements, difficulty and connections (two or more difficult techniques strung together to form a combination).

There are a few core skills that each routine must have, depending on the specific apparatus. Including all of these required skills will help the gymnast earn the requirements points for her routine.

To calculate difficulty points, the judges assign point values to the ten most difficult techniques in a gymnast's routine (for men) or the eight most difficult techniques (for women)—but of course, a gymnast only gets points for those impressive skills if he does them correctly. If a gymnast tries a difficult move and does it incorrectly, he won't get any points. If he falls or makes another serious mistake, the E panel will take points off—so not only will he forfeit the points he would have gained for his difficult move, but he'll also lose points for his execution.

Extra points are added when difficult skills are connected to one another to create a sequence (a little bit like a double play in baseball, except that the gymnasts can connect as many skills as they like, and they're going for points instead of outs).

To calculate a gymnast's final difficulty score, the two judges compare their results and agree on a point value that they both think is appropriate.

Skill categories: Gymnastics skills are categorized into difficulty groups. An A-level skill is very easy, while an E-level skill is very difficult. Examples of impressive, difficult skills that might raise a routine's score include triple backs (back flips with three rotations) and full-in, full-outs (a combination of back handsprings and twists).

The exception: The vault event does not use this method to arrive at a difficulty score. Instead, each vault is assigned a set difficulty score.

Neutral deductions Even if an athlete executes difficult techniques very well, he still might face deductions at the end of his routine for violations like stepping out of bounds or going over the time limit.

Final score: A gymnast's final score is determined by adding the difficulty and execution scores, and then subtracting any neutral deductions. With the new system, it's common to see scores ranging from 13-16. Anything over 16 indicates a truly stellar performance.

Olympic gymnastics is a complex sport that combines physical skill with an elegant artistry and grace. The athletes' dedication makes for a sport that's both impressive and beautiful to watch, especially when you know what to look for.

2. Make up a vocabulary of gymnastics terms.

3. Make a presentation of gymnastics.

Women's events

Vault

In the vaulting events gymnasts: sprint down a 25 meter (about 82 feet) runway, jump onto a beatboard - a kind of springboard, (run/ take-off segment), land momentarily, generally inverted on the hands, on the vaulting horse or vaulting table, (pre flight segment), then spring or block off of this platform to a two footed landing (post flight segment). The post flight segment may include one or more multiple saltos or somersaults, and or twisting movements.

In 2001 the traditional vaulting horse was replaced with a new apparatus, sometimes known as a tongue or table. The new apparatus is more stable, wider, and longer than the older vaulting horse - approx. 1m in length and 1m in width, gives gymnasts a larger blocking surface, and is therefore safer than the old vaulting horse. With the addition of this new, safer vaulting table, gymnasts are attempting more difficult and dangerous vaults.

Uneven Bars

On the uneven bars (also known as asymmetric bars, UK), the gymnast navigates two horizontal bars set at different heights. The height is generally fixed, but the width may be adjusted. Gymnasts perform swinging, circling, transitional, and release moves, that may pass over, under, and between the two bars. Movements may pass through the handstand. Gymnasts often mount the Uneven Bars using a beatboard (springboard).

Balance Beam

The gymnast performs a choreographed routine from 60 to 80 seconds in length consisting of leaps, acrobatic skills, somersaults, turns and dance elements on a padded sprung beam. Apparatus norms set by the International Gymnastics Federation (used for Olympic and most elite competitions) specify the beam must be 125 cm (4' 1") high, 500 cm (16' 5") long, and 10 cm (4") wide.[2] The event requires in particular, balance, flexibility and strength.

Floor

The floor event occurs on a carpeted 12m x 12m square, usually consisting of hard foam over a layer of plywood, which is supported by springs or foam blocks generally called a "sprung" floor. This provides a firm surface that will respond with force when compressed, allowing gymnasts to achieve extra height and a softer landing than would be possible on a regular floor. Female gymnasts perform a choreographed exercise 70 to 90 seconds long. In levels 7 and up, they can choose an accompanying music piece, which must be instrumental and cannot include vocals. In the USA the other levels must perform a routine that is choreographed for them by USAG and these routines come with music. The routines of a female gymnast consist of tumbling passes, series of jumps, dance elements, acrobatic skills, and turns. A gymnast usually performs three or four tumbling passes that include three or more skills or "tricks" If the gymnast is an elite they can have up to six or seven tumbling passes.

Men's events

Floor Exercise

Male gymnasts also perform on a 12m. by 12m. sprung floor. A series of tumbling passes are performed to demonstrate flexibility, strength, and balance. The gymnast must also show strength skills, including circles, scales, and press handstands. Men's floor routines usually have four passes that will total between 60–70 seconds and are performed without music, unlike the women's event. Rules require that gymnasts touch each corner of the floor at least once during their routine.

Pommel Horse

A typical pommel horse exercise involves both single leg and double leg work. Single leg skills are generally found in the form of scissors, an element often done on the pommels. Double leg work however, is the main staple of this event. The gymnast swings both legs in a circular motion (clockwise or counterclockwise depending on preference) and performs such skills on all parts of the apparatus. To make the exercise more challenging, gymnasts will often include variations on a typical circling skill by turning (moored and spindles) or by straddling their legs (Flares). Routines end when the gymnast performs a dismount, either by swinging his body over the horse, or landing after a handstand.

Still Rings

Still Rings is arguably the most physically demanding event. The rings are suspended on wire cable from a point 5.75 meters off the floor, and adjusted in height so the gymnast has room to hang freely and swing. He must perform a routine demonstrating balance, strength, power, and dynamic motion while preventing the rings themselves from swinging. At least one static strength move is required, but some gymnasts may include two or three. A routine must begin with an impressive mount, and must conclude with an equally impressive dismount.

Vault

Gymnasts sprint down a runway, which is a maximum of 25 meters in length, before hurdling onto a spring board. The body position is maintained while "punching" (blocking using only a shoulder movement) the vaulting platform. The gymnast then rotates to a standing position. In advanced gymnastics, multiple twists and somersaults may be added before landing. Successful vaults depend on the speed of the run, the length of the hurdle, the power the gymnast generates from the legs and shoulder girdle, the kinesthetic awareness in the air, and the speed of rotation in the case of more difficult and complex vaults.

Parallel Bars

Men perform on two bars slightly further than a shoulder's width apart and usually 1.75m high while executing a series of swings, balances, and releases that require great strength and coordination.

Women's Artistic Gymnastics (WAG)

Women's artistic gymnastics entered the Olympics as a team event in 1928. At the first gymnastics World Championships in 1950, WAG as it is known today was included, with competition in team, all-around and apparatus final events. At the next Olympics, in 1952, this format was adopted; it has remained as such to this day.

The earliest champions in women's gymnastics tended to be in their 20s; most had studied ballet for years before entering the sport. Larissa Latynina, the first great Soviet gymnast, won her first Olympic all-around medal at the age of 22, her second at 26 and her third at 30; she became the 1957 World Champion while pregnant with her daughter. Czech gymnast Vera Caslavská, who followed Latynina to become a two-time Olympic all-around champion, was 22 before she started winning gold medals.

In the 1970s, the average age of Olympic gymnastics competitors began to gradually decrease. While it was not unheard of for teenagers to compete in the 1960s — Ludmilla Tourischeva was sixteen at her first Olympics in 1968 — they slowly became the norm, as difficulty in gymnastics increased. Smaller, lighter girls generally excelled in the more challenging acrobatic elements required by the redesigned Code of Points. The 58th Congress of the FIG, held in July 1980, just before the Olympics, decided to raise the minimum age limit for major international senior competition from fourteen to fifteen.[4] The change, which came into effect two years later, didn't eliminate the problem. By the time the 1992 Olympics rolled around, elite competitors consisted almost exclusively of "pixies" — underweight, prepubertal teenagers — and concerns were raised about athlete welfare.

The FIG responded to this trend by raising the minimum age requirement for international elite competition to sixteen in 1997. This, combined with changes in the Code of Points and evolving popular opinion in the sport, have seen older gymnasts return to competition. While the average elite female gymnast is still in her middle to late teens and of below-average height and weight, it is also common to see gymnasts competing well into their twenties. At the 2005 World Championships in Melbourne, the silver medalist on vault, Oksana Chusovitina, was a thirty-year old mother. At the 2004 Olympics, both the second place American team and the third placed Russians were captained by women in their mid twenties; several other teams, including Australia, France and Canada, had older gymnasts.

(Originated from Wikipedia, the free encyclopedia)

Gymnastics Glossary

Adolph - a front somersault with 3S twists in trampoline.

Aerial - a manoeuvre where a gymnast completes a full rotation in the air without touching the apparatus.

Arabesque - a pose on one leg with the other leg extended behind the body, which is lowered from the hips to form a graceful curve; often used in a balance or pivot.

Attitude - a balance position performed standing on one foot while the other leg is lifted high, either behind or in front of the body, with the knee bent.

Axis throw - in rhythmic gymnastics, a hoop throw where the hoop spins around its horizontal axis.

Back - a backward somersault in trampoline.

Back flexion - a move where a straightened leg is raised at an angle of 180 degrees to the body, which arches back toward the supporting leg.

Back-in, full-out - a double salto with a full twist performed during the second salto.

Back flip - a move that begins with taking off from one or two feet, then jumping backward onto the hands and landing on the feet.

Balance - a static position which holds a distinct shape.

Bed - the spring part of a trampoline on which competitors bounce.

Body - the wide end of the club used in rhythmic gymnastics.

Body wave - a wave-like movement of the entire body passing through the hips, shoulders, arms and head.

Boomerang throw - a throw of the ribbon where the cane is thrown but the gymnast grasps the end of the ribbon and pulls back on it, sending the cane flying towards her.

Cabriole - a leap where one leg is raised to the front and the other leg is brought up swiftly underneath and beats against it before the gymnast lands on the foot used for take-off.

Cartwheel - a sideways acrobatic roll with the arms and legs extended.

Cat leap - a leap where a gymnast takes off from one foot, raising one knee and then the other.

Composition - the structure of a gymnastics routine.

Cossack - a leap where both legs are horizontal with the floor, one leg straight, the other bent at the knee.

Cross - a rings position where the arms are stretched fully and sideways, supporting the body, which is held vertically.

Degree of difficulty - a rating that measures the difficulty of specific moves and is factored into the total score after judges have scored the execution of the moves.

Devolppe - the unfolding of a leg into an open position in the air.

Dismount - to leave an apparatus at the end of a routine, usually done with a difficult twist or salto.

Element - a single move that has a recognised way of performance and technical value.

Execution - 1. the performance of a routine. 2. the form, style and technique used to complete the skills included in a routine.

Flic-flac - a move where a gymnast takes off from one or two feet, jumps backward

onto the hands and lands on the feet; also known as a “flip-flop” or “back handspring”.

Flick - in rhythmic gymnastics, to use the thumb and fingers to release the club sharply into the air so it makes a small rotation in front of the body before being caught.

Fliffis - in trampoline, any double somersault with a twist.

Flip-flop - a move where a gymnast takes off from one or two feet, jumps backwards onto the hands and lands on the feet; also known as a “flic-flac” or “back handspring”.

Floor exercise - an event in men’s and women’s artistic gymnastics where a gymnast performs a series of exercises on an open 12-metre-square of mats.

Grand plie - a position where the gymnast stands with legs fully bent.

Group routine - the name given in rhythmic gymnastics to five gymnasts performing a routine together using the same apparatus or two different apparatus.

Healy - a common manoeuvre on the parallel bars where a gymnast starts with a handstand on top of the bars, then falls forward, releasing one arm, executing a half-turn with the other, grasping the bar again and continuing the swing.

Horizontal plane - an imaginary surface, level with the ground, where moves are performed.

Illusion turn - a move where a gymnast swings one leg upward to a splits position and drops the chest toward the other leg while turning 360 degrees on the supporting leg.

Inward turn - a turn in the direction of the supporting leg or arm; also known as a “reverse turn”.

Jete - a graceful move where a gymnast springs from one foot to the other.

Kip - a move from a position below an apparatus to a position above it.

Lateral plane - an imaginary surface to the side of, and parallel to, the body where moves are performed.

Layout - a straight or slightly arched position of the body.

Leg circle - a standard pommel-horse move where a gymnast keeps the legs together and swings them in a full circle around the horse, with each hand lifted in turn from the pommel to let the legs pass.

Legmount - a balance on one leg, with the other leg fully extended in a front side or rear split position.

Lunge - a position often used to prepare for a pivot, with one foot well in front of the other and taking most of the weight with the knee bent.

Mill - in rhythmic gymnastics, a small circling move with the clubs or rope, similar to the action of a windmill.

Neck - the narrow end of a club used in rhythmic gymnastics.

Parallel bars - an apparatus consisting of two wooden rails on uprights, adjustable in height and used for swinging, vaulting and balancing exercises in men’s artistic gymnastics.

Passe - a basic balance position where one leg is turned outward with the thigh at horizontal, knee bent and toes touching the inner knee of the other leg.

Penchee - a balance position where the straightened legs are split vertically, one supporting and the other pointed toward the ceiling, while the chest is angled down toward the knee of the supporting leg and the hands are not touching the ground.

Pike - a position where the body is bent forward at the hips to 90 degrees or more while the legs are kept straight, with the thighs close to the upper body.

Pirouette - to turn on one foot around the body's longitudinal axis, as defined by the spine, in dance elements.

Pivot - a turn on the ball of the foot.

Plane - an imaginary surface where moves are performed, i.e., lateral, frontal, horizontal or diagonal.

Plie - a position with the knees bent and the back straight.

Randolph - in trampoline, a front somersault with 2S twists; also known as a "Randy".

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Reverse turn - a turn in the direction of the supporting leg; also known as an "inward turn".

Ring leap - a leap where the legs are in a splits position, with the front leg straight and the back leg bent, while the back, head and arms are arched backward, forming a "ring" shape.

Rings - two parallel rings, 50cm apart, suspended from a cable and straps and held, one in each hand, for a series of exercises in men's artistic gymnastics particularly requiring stillness of the body; also called the "still rings".

Routine - a combination of movements or manoeuvres displaying a full range of skills on one apparatus.

Rudolph - in trampoline, a front somersault with 1S twists; also known as a "Rudy".

Rudy - in trampoline, a front somersault with 1S twists; also known as a "Rudolph".

Safety platform - a large, thick mat that sits on the floor at each end of the trampoline to cushion the impact if anyone falls from the apparatus.

Salto - a flip or somersault where a gymnast rotates around the axis of the hips.

Scale - a balance on one leg, with the other leg raised backward, sidward or forward and the upper body lowered slightly.

Scissor kick - a jump from one foot to the other with legs straightened as they swing forward, simulating the motion of scissors.

Scissors - a standard pommel-horse manoeuvre where the legs straddle the horse as they swing around it and the hands are lifted in turn to let the leg pass.

Side legmount - a balance position with one leg positioned at the side in a 180-degree split.

Side splits - a position where a gymnast sits on the floor with the legs at full horizontal extension on opposite sides of the body, forming a 180-degree split.

Sissone - a split jump where one leg is above the horizontal plane and the other is below it.

Skill - a specific move that competitors are required to perform.

Straddle - a position where the legs are split sideways.

Straight - a position where the body is extended in a straight line, technically defined as the upper body and the legs being positioned at an angle of more than 135 degrees.

Stutz - a common swing used on the parallel bars where the gymnast starts from a handstand atop the bars and swings backward between the bars, executing a half-turn along the way and returning to the handstand position to face the opposite way.

Thomas flairs - named after US gymnast Kurt Thomas, straddle leg rotations on the pommel horse.

REFERENCE LIST

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