# Gymnastics

My presentation contains some basic information about gymnastics, history of gymnastics, information about the goverment body – Federation of International Gymnastics. Then there are some specific information about types of gymnastics as Artistic gymnastics, Rhythmic gymnastics. There are information about the most famous gymnasts and in the end there are problems connected with this sport.

Gymnastics is a sport that includes physical exercises which need strenght, flexibility, balance and control. It can include jumping, tumbling, somersaulting, flipping, balancing and running. The gymnastic movements contribute to the development of muscles. It is a Summer Olympic sport. Gymnastics is not just for girls, it is for boys as well, everybody can do that. The word “gymnastics“ is derived from Greek “gymnos,“ which means “train naked.“

This sport began as a form of exercise in ancient Greece, specifically in Sparta and Athens. In the first years there was exercise as running, throwing, jumping, swimming, wrestling and box. It should have prepare men for wars. It was one of the first sports in the Olympic Games. After Middle ages lots of huge gymnastics systems were founded. Johann Gust Muths and Johann Heinrich Pestalozzi created basics of gymnastics systems. Federation of International Gymnastics was founded in 1881 in Liege. During the National Revival there was the biggest development of national gymnastics systems. One of the most important names for the Czech gymnastics is Miroslav Tyrš. Another important name is George Hebert, he was interested in influence of natural exercises, he helped to develop rhytmic gymnastics and competition in many disciplines in the 20th century. In the 30s gymnastics was connected with athletics.

The governing body of competitive gymnastics is the Federation of International Gymnastics (FIG). It has headquarters in Lausanne in Switzerland. The federation was founded on 23th July 1881 in Liege. It is the world’s oldest existing international sports organization. It was originally called the European Federation of Gymnastics. It sets the rules. The rules are called code of points and it regulate how gymnasts are evaluated. We can divide 7 disciplines – artistic, rhythmic, aerobic, acrobatic gymnastics, trampolining, tumbling and parkour. It is responsible for Olympics athletes.

There are always 4-6 judges. They judge with staircase effect. It means that gymnasts who go first receive lower scores than the gymnasts that go last. This is because the judges want to leave a little room at the top to reward a truly good performance.

In Artistic gymnastics, gymnasts use apparatuses. Artistic gymnastics was created from Turner movement, it was in Deutschland. Miroslav Tyrš sorts exercises, make the terminology, named positions as well. The disciplines are different for women and for men. It is a part of Olympic Games. Championships are held since 1903. Disciplines in men artistic gymnastics is floor, pommel horse, rings, vault, high bar and parallel bars. In women artistic gymnastics there are vault, bars, floor and balance beam. There are some pictures of vault. In 2001 the horse was replaced with a new apparatus. In parallel bars the skills in a support position, a hanging position and an upper arm position are important. There are the pictures of Asymmetric bars. The next is balance beam, it has 125 centimeters from the ground, 500 centimeters long and it is 10 centimeters wide. The floor is 12 meters to 12 meters.

Rhytmic gymnastics is a gymnastics with special equipment. It can be clubs, hoop, ball, ribbon or rope.) It is mostly individual sport but there are teams of 5 and more as well sometimes. It combinates elements of ballet, gymnastics, dance and apparatus manipulation. It is just for women. Equipment are mostly according to age, but there are some optional too. Little girls can do it from 4 years, but most of gymnasts begin in 6. The winner is determinated according to points. The first apparatus is a ball made of rubber or soft plastic. It has diameter 18-20 centimetres, the weight is 400 g. It can have lot of colours. The second apparatus is a hoop, i tis made of wood or plastic, inner diameter is 80 to 90 centimeters, it has 300 g. In the performance there must be at least three leaps. And the hoop cannot touch the floor. Rope is made of hemp or similiar material. Another apparatus is ribbon, i tis 5 to 7 m strip of ribbon from satin. The stick is 50 centimeters long. The last apparatus used in rhythmic gymnastics is clubs. It is 2 bottle-shaped clubs and it is made of wood or plastic.

The most famous Czechoslovak gymnasts is Věra Čáslavská. She was born in 1942 and died in 2016. She was artistic gymnast. She had 22 international titles. She had 7 Olympic gold medals, 4 world titles and won 11 European championships. The Czech famous artistic gymnast is Martin Konečný. He was born in 1984. He is a part of national team, bronze medalist in 2006 in European Championship. He participates the Olympic Games. Another important gymnasti s Zita Frydrychová. She was born in 1991. She is trampoline gymnast and she participated in 2012 the Olympic Games in London.

The most famous gymnasts from other countries are for example Shannon Miller and Simone Biles. Shannon Miller was born in 1977, she is American, she used to be artistic gymnast, won 7 Olympic medails. Simone Biles is one of the best gymnasts at all. She was born in 1997, won 4 medails from Olympic Games and 14 gold medails from World Championships.

Problems connected with gymnastics. The sport is very dangerous, there are lots of injuries. Lots of athletes suffer from eating disorders, take pills. Next problem is sexual abusing from coaches or doctors. Parents of athletes are mostly obsessed with their children and this sport and it can ruin their childhood. Sometimes there are suicide attemps connected with lot of stress and pressure.