CHAPTER – I

INTRODUCTION

Sports, state-of-the-art community has a role in a very well-known. An Important group one nation- in fact, the world. There, for example more and more countries to compete in the Olympic Games, participating in the United Nations. Front Wheel Drive, sport, is very sparse, experiences and feelings, the attendance, the angle-joy, success, if there is no exhaustion point, the angle and feel. Sports, money, and reputation, and good-will, at the same time sports tragedy, pain and can result in death.

If there is a score to be perfect for Sports heroes and heroines, let's look at what it is men's success is not a miracle, because many young sports stars, more known and leading politicians. Modern society for more fun. Time for some sports can join the Elite or Olympic level is much more than just who is local and Community level. For others, a passive participation sports spectators, coaches, I was told. Teachers, or sports writers.

Sports, of course, plays an important role in society. Social changes to the sport. First place was already local and informal. Simple, and in accordance with the Rules for the participant and the local area. Towns and cities are increasingly interclub, clubs and competitions began. Finally, the role played by other cities and towns and cities advanced coaches transport and railways and the arrival of the city steamboats is reduced. And, in the final, the regional national and international competitions and the appropriate administrative authority development time, and I thought I was, the city, and inventions a certain stage in the development.

The funds, many modern psychology is also called the last century. In Europe, to philosophical realism, and more and more issues, the concepts, which, the Last Judgment, a bad feeling and perception or the first psychological laboratory.

In the nineteenth century, first overseas universities in psychology in the United States of America statistics leaves here, and other measurements, including correlation between coefficientes precursors to factors that contribute to developing new analytical techniques, and psychological testing concepts and ideas, only a vague philosophical studies, and discussions.
The latest and perhaps the most important of all, it's really on individuals "psychologist" - however, a previous education and social sciences, medicine, mathematics, physics, and biology.

Motor Psychology

Individual difference in reaction times noted that boring early 1796 (1950). This time it is observed that different astronomers worked to save stellar events by specifying a full, only between April star passed by, their own-telescopes. F. W. Basell, first note the quality visual reaction time, and then took the early psychologists, who is more about the measurement is not the only difference in reaction time but, at the same time as other changes in mental and physical performance for the quality of students' sports psychology, in fact it is early experimental studies was made up of the first psychologists testing movement, motion detection (kinesthesis), and reaction time. For example, estimated that about 30 per cent in work is seen as a first if there is a real psychology laboratory founded by Wilhelm Woundt in 1875, was made up of reaction time studies. However, the discovery of the various aspects of human action to expose's intelligence and emotions, not to illuminate the output expense itself. So, a kind of "engine" in front of the sport psychology psychology by fifty years. Leipzig University in, for example, and it Woundt believed to be a large number of young followers, an impressive and important to find out how long to process in mind, the eye response information through the use simple and complex reaction time studies.

Woundt's main data collection thought was producing. Rummaged through self-reports, usually have their own student/issues, make sure you are aware of and understanding of various tasks. This technical, again and again over the past experimental and clinical psychology; in fact, this tool almost employment psychoanalysis. This is why it was an in-depth Woundt but often, the president had a student on a very introspections, like the thousand objectify this approach to truth.

Belgian astronomer Adolph Quetelet had more than many statisticians, including Galton. Quetelet had studied human diversity a number of starts to open, including hieght, weight, and men in Napolean's
Army. His discovery, the normal distribution of scores of average collapse around it for the development of probability theory, applied to nature and variability theory, applied to nature and human features variability. Quetelet at end of the 8th century the collected data at the beginning, the ninth.

Sir Francis Galton, established a "anthropometric laboratory" in London, 1985, to measure devices are within a calibrated sensitivity and interpret the pendulum reaction time to assess both sound and lights up. In the further Development of its purpose in which so-called intelligence tests of tasks is no longer call mental capabilities, as well as the tests and response, in which he felt that are superior nervous systems, and the superior minds. Nine thousand people paid for a brief assessment of each of the three cents as soon as those described in my love as well as towing and squeezing tests power, speed, and lung power. Galton, and the first time Discover statistics human capabilities, individual differences, and the normal distributions of thousands of points.

Galton correlational methods to compare the physical measures (such as height and weight) and contrast data intellectual tasks that he would not wait. Young student. Karl Pearson, encouraged to develop mathematical formulas to determine now to use it as an essential tools to test validity and reliability, as well as an expanded form of a correlation resulting from factor analysis after a few years.

Galton, who accepted him (feel even a reported IQ, 200), large drop-out time, and just how hereditarily. His text Heredity Genius had collected data that is used, 977 superior male. He's a group has found the offspring had concubines is very smart and a productive speed is three hundred times more expected would have been a chance. In inside Galton, it seemed to confirm their own superior intelligence is working. Faculty exchange their own family including Darwin and Charles Darwin.

This is the same time as Americans as well as the need for human Ir and their ability to evaluate the pre-just as in philosophical discussions. James Mckeen Cattell" writings of Europe to Mamre Galton, for the operation from 1890 to 1893. LaboratoryWundt. Brashly supply-
reserved and brother in law, Wundt Cattell has announced that it needed an assistant (Wundt). For three years in the lab, Cattell published classic papers on intelligence and the new magazines, the reaction time was presented as a tool for the evaluation, and individual differences in sensory perception thresholds. Finally, his PhD in 1886 under Wundt Galton, Cattell, statistical methods such as effect of his significant psychological problems. in 1892 in his paper "Perception small differences" (philosopher G. S. Fullerton) a classic early attempts to measure human perception as a full. Next three years Cattell who continue to influence young American psychologists, psychological laboratory Pennsylvania State University and at the University of Columbia. Also in psychological review, and other publications, then what was to be included in Scientific monthly. In late 1920, the United States has become by Cattell, senior psychologist (boring, 1950).

Cattell one American working under Wundt. Psychiological trade in other countries in long-term laboratory Leiping working desk-side visits. Ivan M. Sechenov, after obtaining his medical degree, he has worked in Russia during 1880, Wundt came to start. or a tradition of Moscow, Russian psychology or laden with overtones up to physiological, Pavlov and others around the century continued by (Kozulin, 1984; Mishak and Sexton, 1975).

Extraversion, "this law, or to be able to use a large part of their own, or what to print. Human interactions and Extraverts are generally enthusiastic, talkative but end is destruction, competent and companionable. These activities in all of the major social gatherings, Community activities such as parties, public demonstrations, and the business and political groups. - Education and dealing with negotiations, the fields, the extraversion. Extraverted person time Spent, it is most likely a man, enjoy, and stand-alone for less time spent for the award. They enjoy, and they are usually driving skills. (Whitten, 2008)

The earliest games were organised between these groups is a great, two, or three from each, the objective is the more than 4 or 3 miles (5-6.5 km apart. 1801 Was the game where the number of participants limited, and both sides equal and confining the playing area between the 80 and 100 (73-91 meters), for the purpose of each end of the was in general, the goal of the two a few yards apart. The first explained the tape length is only the two.
In Psychology purpose invented in order to test the measurement device is not connected, the interviewer uses information ability to descriptive observer. Many personality traits such as Eysenck personality, California psychological inventory.

This indicator (E. P. (I) designed to measure two widely used and relatively self-contained, the extroversion and neuroticism, introversion subject stability as defined by the Eysenck. Term Neuroticism, UN anti-impulsive, outgoing, and social trends. Very useful to test the personality and training. The two dimensions for the measurement, answer 57 questions "yes" or "NO". If there is no response in a deformed lie in parallel wrong answers (A) and (B) re-tests. It takes about ten minutes.

During the nineteenth century, a number of writers, a new humanistic approach to education, in Europe, reflecting psychological virtues extolled tagged, irregular sports activity. This is a non-authors, including Muths of Germany's

It was said that the preparation for a child's life. Comenius (1930s), a Czech, and Pesta-lozzi, (1912) is a Swiss, also extolled virtues of gaming and exercise, such as an emotional and intellectual development of children. In 1898 he wrote Karl cross-play are allowed and two years later, the people in the more out-of-plan belie a spacious but well organized interior with the growing! Playing and general development inter

For many years the last one thousand, nine hundredth-century and early year, twenty.

William fames, a superior the nineteenth century American PSY pioneering

James it is based on both the motor comments emotion and cognition, and cognitive theory. He and his disciples, for example, is JAMES-LANGE the cognitive emotions emotions the same as we are. In fact, we made a powerful emotion, and then Subtract bodils no matter what, no plate settings in the "Materials" by creating left-hand feeling. This contention for controversial, although the physiological psychologists by quickly, the time

The new, modern Sports psychology department psychology department. This branch has been developed in the modern age. Sport plays a crucial role in modern life. As international
level sports competitions are being held between world cause to be more close to all countries, and all countries. Sport wants to overcome other country. This means that every time a player want to improve sports skills or form, and in such a case, sports psychology or important players to improve their sports skills. As anEducational Psychology helps to develop their skills, training, sports psychology can help removes the psychology department, the different problems with players.

Sports psychology, behavior analysis is as a sportsmen, who are involved in those who want to go to some game playfield and the purpose of the competition and the high a specific game. If it is some nice array of personality traits in the presence of factors that people choose to join and this success to the stand. A high-level can be steered, durability, ability to protect when you are finished, their willingness to learn, ability to bare angle assertiveness and leadership, and to the.

The large majority of research under physical education focused on psychological human performance but most psychologists and coaches," says that a competitive, percent and ninety percent on physical and mental. Usually in a competitive situation, with both teams being almost the same physical skill and fitness levels. But beyond that specified by the mental preparation. This is why the players sports psychology, and athletes. National and international sports psychology, aggression, anxiety and personality have been trained with the resupply of last call.

Much more pre-entered Psychology physical education had to do with sports. Psychological term such as air conditioning, psychological preparation and psychological training is located in the foreground all scheduled themselves for psychological factors in sports all points. It is a major factor in psychological sports and games than ever to continue highlighting the latest literature. Psychological factors influence the young and determined manner or in the worst case scenario.

Social and psychological factors, self-concept, an important variable, significant research attention. More recently, the research started to appear this is a positive relationship between people and his concept of life success. Raise awareness among their own children, as people interact with the process and the environment causes of comparing himself with his peers in the
trust and, at the same time the emotion and courage as the result of a community effort, success or failure.

Perhaps one of the most demanding a dissimulation process would be a single concept itself as legally untenable, for one or more major schemata. As a result of this process, so it's a losing hold on reality or going crazy. Schultz (1973) conducted by a research self-Resenberg view larger by using self-concept. And God a significant difference between positive and negative self-concept self-performance gross task group. But there is a noticeable trend positive self-concept can be group more high scores during the task.

Investigators say he studied throughout the year scores of self-concept with a variety of clinical settings, and a sports student groups. Riley (1983), a study on the inter-relationship and the physical self-concept of symbolic interaction theory of performance, and the results are a significant positive relationship with self-concept and physical performance.

Morris. Come up. (1981) self-reported scores of age group swimmers compete according to positive and the normal population is higher than the limit.

It is easier to Keep that personality traits of various aspects of human behavior, personality is the sum of the total bio-psychological structure, the contact of his anatomy, he thinks life is perceived and treated.

Total sum of all Personality biological image official act, impacts and trends in relation to the experience. Personality persists over time and status. People we thought, emotion and behavior of some days to ensure consistent and status. The term personality in mind a term in consideration of and in general. A word personality effect at that time, which has its roots in "persona" in the original meaning of "theater mask" worn by various dramatics personal or players theater day ancient Greek civilization. (Allport, 1986)

Personality, total quality a person. It is impossible to think about apart from a group of human personality as it is. A person's best interests is largely dependent on a large he and how to respond to a social group. A human nature of the people, but some of its features but does not specify how people by personality traits that affect how other us.
Kamlesh said that as, and has its own dynamic, behavior, and decision is determined by biological inheritance and in its fight against its survival as well as adjustment. For example, athletes by their nature, scientific evidence reveals that extroverts, but there are some cases in any of the symptoms that they were shy introversion.

A typical psychological operation. This a permanent trend negative emotional experience. For persons with high score neuroticism, the more chance that such feelings as anxiety, anger, the guilt and clinical depression. (Kamlesh, 1973)

They respond well to more environmental stress and more likely to understand and hassle-less pathetic is more difficult. They are often aware of their own and the sky and trouble controlling calls and delayed. Neuroticism in emotional intelligence. Including emotional motivation and skills to people who are.

The characteristic feature is the introversion extraversion subject - a central dimension of human personality. Extraverts (as well as "gregarious extroverts"), and in general what you are looking for. Introverts, contrast, output less and less friendly. Not all the time, but they are generally less-friendly apartments are asocial, and less to be successful new social relations.

Extraversion, "this law, or to be able to use a large part of their own, or what to print. Human interactions and Extraverts are generally enthusiastic, talkative but end is destruction, competent and companionable. These activities in all of the major social gatherings, Community activities such as parties, public demonstrations, and the business and political groups. - Education and dealing with negotiations, the fields, the extraversion. Extraverted person time Spent, it is most likely a man, enjoy, and stand-alone for less time spent for the award. They enjoy, and they are usually driving skills. (Whitten, 2008)

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Interaction with a different size between a representative and the power. This, whether it's the different types of people affected ra because of the increase in a competitive people have theories about this aspect in perhaps the most important, Haro recommended by Eysenck.

Eysenck personality has suggested that individuals with different quality and scope of it. It was developed by two large personality, the E-level, the area-time topic continuity, introversion and extraversion and stability. This person, the basic behavior as a description.

Not attempt to link more than one person and the biological features causal relationship between the sources. He also believes that behavior can be explained by neural-level features, the E-scale, while strong blocking functions both excitatory and central nervous systems and the N-gauge excitation, vegetative cells of nervous system.

Eysenck (1967) has recently been suggested, size, reticular extraversion, subject, introversion, neuroticism activation system while, more size stability, hypothalamus. On the Basis of important belief which proposal will cause the excitation external stimulus introverts extroverts is higher. Postulated that extraverts. This postulated that introverts due to a more powerful blocking mechanism.

This view may be interpreted as Extraverts, small signal high-inhibitor, introverts and reverse direction. This is the students represent a very different response to form-level competitive conditions, depending on whether in extraverts introverts. For example, extraversion, a student would be "up" game, like a great subject, introversion. But with a good arm, and the channel in the game as strong blocking mechanism.

**Personality variables**

Personality, "stable and durable properties." other factors also play a role in the sport injuries athletes the whole personality and the special features, and I think that self-concept.

1. A man can be people on the aggressive, passive, brother, how they were wearing their
2. With anxiety, the "the general trend, and is prone to anxiety and the difference is in the answer.

3. I think that's the time of the people or does not exist, the events, which affect our lives. I think that this is the man who lives, and the little people, I think he is, that this is an internal feeling, it shall be responsible for what happens.

4. In particular, the self-concept, low self-concept, the sport. Small self-concepts, athletes will be less effective way to deal with stress. Yarali three attractive alternative to participation in the important, but the athletes.
   a. Low self-concept may not be raised again the personalized program is for qualified professionals.

Sad

1. It is sad that the psychiatric diseases occur, such as the autumn and winter seasons.

2. Physical symptoms include, and the energy, increased appetite, effect of hypersomnia, the effects on libido anhedonia, decreased, and the social activity and for the disabled. Research is a hockey player (n = 68) subsyndromal symptoms 22 total sad, or sad.

3. The diagnostic tests are also available, and the technician.

4. Rosen et al. The light therapy treatment, it may be useful.

Patient population.

Even if there are relationships and the personality characteristics of the poor, the last patient population relations research, a strong factor, and may lead to personal injury. One of the factors the SOSYAL PSIKO communication the variable individual and community media.

Stressful life events are made on the positive or negative events are usually allow the adaptive, or a practice or a significant change in his life.
Various events of life, and SARRS SRRS and even to Lesa, Leq, LESCA exemption.

Strong relationship between the evidence of stressful life events, in particular with regard to the negative events, and may cause injury.

1. Sportsmen and sportswomen and the higher-level capabilities were less the road.

2. These are the car and the trained psychologists expert advice to the game.

**Ager - as well as a model for the stress and competition**

Further participation in the sport, the expert adolescents youth or sports activity increase psychological effects.

1. Competition is greatly affected by the intensity of individual sports, in particular, the women's gymnastics, tennis, figure skating, BMX and skate the Champion bicycle routine for the 16.

2. It may be parents, sponsors, and the media. It is reasonable to assume that they are much smaller than the adults, the treatment is not necessary skills.

3. The young sportsmen and sportswomen, diseases psychosomatic' " fuse blowing 'led, and the other stress sometimes.

Special attention should be paid to the parents and for their children.

**Psychology the injured athlete.**

The personal, spiritual stressor for athletes.

1. Weiss and Troxel was reported due to the damage caused to the conventional answer is psychophysiological stress-response.

2. The first stage in the strong stressor injury which forced the sportsmen and sportswomen and normal activity limitation.

3. The second section was the need for short-term and the long-term damage.
4. Third phase emotional reaction, it is a pity that it cannot be precipitate, including the mental and physical reactions, depression, anger, and the rising blood pressure, and heart rate.

**Sport and nutrition disorders**

1. The participants in each sports a risk to the development of eating disorders, women's gymnastics, ballet, diving, figure skating. During the course of the investigation involved 215 women class gymnast of server agility, 60 % of the reported up to eat.

2. Instead, it is a woman's physical appearance of superb sport athletes significantly higher than if a food difference to women's athletes signs.

3. The aberrations also breakfast and the sport is not a problem, such as the women's field hockey, volleyball, tennis, softball.

4. The anorexia nervosa and bulimia nervosa people suffering from an esophageal inflammation, tooth enamel, and hormone imbalances giving address osteoporosis bone began to lead to a road, and the electrolytes and amenorrhea caused by problems, and the heart.

5. In addition, psychological problems such as depression and anxiety disorders in the eating disorders affect people.

**Statement of the Problem**

The purpose of the study will be to study self concept, personality and locus of control of Gymnastic players at different levels of participation.

**Delimitations**

1. The study will be delimited to the Gymnastic player of India.

2. The study will be further delimited to age ranging from 17 to 25 years.

3. The study will be delimited to the only male Gymnastic player.

4. The study will be further confined to the following psychological variables:
   (a) Self-concept
   (b) Personality
(c) Locus of control

Limitations

1. The test were administered at different points of times considering the availability of the subjects, their mood states as a result of winning or losing a particular match might have influenced their response pattern on a particular scale/instrument. This was another limitation imposed on the study inadvertently.

2. Questionnaire research has its limitations. As such any bias that might have crept into the subject response on their account may be considered as limitation.

3. No special motivational technique was used during the test, therefore the differences that might have occurred in performance due to lack of motivation was recorded as the limitation of the study.

Hypothesis

It will be assumed that there will be no significant difference between the intercollegiate, south zone intervarsity and all India intervarsity Gymnastic players in different psychological variables.

Definition and Explanation of the Terms

Self-Concept

Self-concept as a composite and numerous self-perception my love correct values, attitudes and behaviors that a self-depending on the environment

Personality

Personality and emotional and behavioral response, behavioral individual jets. Different personality Theorists present their definition word theoretical positions.

Extroversion
A person who loves, facing outwards, the social areas of interest, usually not, behind it, the other guy, and the physical environment. It is not Extroverts, and so that they are their own their own their own thoughts and feelings.

Neuroticism

Instead, the negative emotional experience, the angle of concern, such as anger, guilt and depression. Those with high Neuroticism scale score is most likely a bad average stress conditions in response to threats, or fueled by and difficult to interpret.

Audit Trail

Personality Psychology "I think that's what theory, individuals believe that effect to some degree. "The Pilot is usually the person with the mechanism and does not state, actions, and behavioral mechanisms.

Importance of work

This study can help it/instructor's psychological strengths and weaknesses, Indian the shooting, so that, in the future, voters will be paid attention to the high-performance psychological variables.

Finally, it must be tested, the current work a complex structure, the "Sport" is a view to the current sense most "a" in and out of sport. More than any other, the "search" capability means that the million dollar question, it is easier than ever before.

This study because it will contribute to the following ways:-

1. This work will help the coaches, athletes and sports, psychologists, social, and psychological factors that contribute to the sporty performance and help them to develop a training program and management same line
2. The study findings will be applied to select psychological variables, intervarsity intervarsity India and southern area intercollegiate gymnastics participants intercollegiate.
3. Results are the results of learning as well as gym, a player, which may be useful training teachers and coaches, physical manifest, and evaluation process of the potential candidates to organize physical education and sports program has been successful.

4. This test, and to strong and weak points for the gym, the participants social psychological variables.

5. The study findings only the driver's research future of sports equipment and sports psychology sciences research area for more research.

6. The study results will be added to a field is information present.

Sports Hall, long and colorful heritage. First gym, acrobatic circus-crocks! Made with old Corn. Men jumping up and down, the M. O. performer. 2. In 21st century bull heads, and set on fire during the fight (bull) before it displays various hang around young bull.

Ancient Greeks developed, exercise gym, 3 different, the program for the development of a good physical status, military training and in the third, and the air-conditioning system for the athletes. Developed by Greeks and sports hall, M. O. 8. If it is in 21st century thought unity out of mind and body can be achieved through physical exercises. I've noticed in gym, depending on the people, and not force. Ancient Greeks and Romans in particular, the high physical culture but had empires, sports hall, this is the same as form. Because of this, the organisers and the Balkans as a dancer repeatedly over the centuries many similar movement known today sports. Safe and secure, for example, has been for centuries, the entertainment.

The nineteenth century" tutor's Friedrich Ludwig Jahn, close to Berlin was opened on 1811 year athletic field, the Germans. 1 Jahn, parallel bars and horizontal bar. Jahn, horse and rings. (For more information). Exercises in Gymnastics Planned development, self-discipline and physical strength. Sweden gymnastics, faction feared his father Henrich ling, freedom of movement and freedom of expression. Ma, and now, all my emotional gymnastics, there is no more limited in today's sport. Now, gymnastics, rhythmic gymnastics, faction feared, artistic and fraction, and replaced with acrobatic crocks! Sport.
Sports Hall, at the end of a long and colorful cultural heritage. First gymnastics acrobatic circus vessels there were piles! The old. People jumping up and down, the M. O. performer. 2. The 21ST century, and a bull's head in combating the fire (bull) appears before the various go young bull.

Ancient Greeks developed 3 different program gym, exercise the good physical condition, the military training and the third, and the air conditioning system for athletes. The Greeks have been developed and sports hall, m. O. 8. If the 21ST century with the idea of mind and body can be achieved through physical exercises. I noticed the gym, the people, and shall not enter into force. The ancient Greeks and Romans to high culture but a physical empires, sports hall, this option. It is for this reason that the organizers, and the Balkans several times during the centuries the dancing many similar movement now sport. Safe, for example, the fun.

The nineteenth century" educator Friedrich Ludwig Jahn, near berlin opened the 1811 athletics year, the Germans. Jahn 1, the parallel bars and horizontal bar. Jahn, horses, and the rings. (For more information). Exercises in Gymnastics Planned development, self-discipline and physical strength. Gym, Sweden, fraction Henrich ling, the father of movement and freedom of expression. Today, and now it is on the emotional, there is no more only in the sport today. Now, gymnastics, rhythmic gymnastics his faction feared, fraction, artistic and acrobatic vessels broke, and there were piles! Sport.

This, the 1569 Girolamo Mercuriale Forlì Arte Gymnastica (Italy) and the test was written by: the old nutritional attitudes and hygiene practices, as well as the natural healing methods, and the doctor is very Italian philologist 1555 who have the PHD holders. And then asked the medical chair 1569. Arte Gymnastica, as well as physical therapy and the first book sports medicine.

The eighteenth and early nineteenth century in Germany, and the three communal physical educators - (Johann Friedrich GutsMuths 1759 - 1839) and (Friedrich Ludwig Jahn 1778- 1852) created the "a man and a young man is designed so that in the end up to the LED, and the modern gym, parties, and broken. Back to top Francisco y Ondeano Amorós,
marquis de Sotelo, born 1770. And the dead, 19.1848. 8. In Paris. O, the Spanish colonel, the first gym, educative film began the post in France. Jahn preference, parallel bars, rings, and the international competition. (Federation of International Gymnastics See the figure), which was not well-founded the nineteenth century 1881 sir, sports hall, a man is a challenge to the popular the first "modern" Olympic Games 1896. Here is the early 1950s, the national and international competitions of various exercises in the gym, with a strange, and even today, this the calisthenics, the floor, rope climbing team synchronized my big jump, and the horizontal. In 1920, organized the women's sport hall and was involved in. First women's Olympic challenge only primitive and synchronized, calisthenics and track and field. Game also Amsterdam 1928.

The Athens 1954 Olympic Games in Athens, and both the men and women already have the form, the regular and the modern structures (1-15. Soviet I was surprised by how much is enough, that the gymnasts and the world is still very difficult, as the multi-disciplinary boundaries them. television and new media, and the secondary modern sports hall men's and women's gymnastics, and a significant international interest great gymnasts, they attract each other each continent. Nadia Comaneci Received first received a perfect score, but the moon 1976 Summer Olympics. Montreal Canada Romania, managed by the technical director was regular, ethnicity (in English). Béla Karolyi Comaneci to, to include the "four we scored, the destination is not the bars and the Perfect ten balance and the floor alistirma. Even it[5] it is very difficult, a perfect understanding Romanians won the lost the great gold medal. Soviet Union Nevertheless, the Olympic Comaneci to compete with the - icon.

The new system in 2006, the artistic gymnastics game is put into service. (Or, in the (D), and all difficulties, and in 2009, the top 8 except for the lake pits)."B" result (or score) is not, and this is the result.

**International gymnastics**

**Artistic gymnastics**

Main article: Artistic gymnastics

Artistic gymnastics, usually men's and women's gymnastics. Six men and all the other events: floor, pommel horse, rings, Vault, parallel bars, and large, the four women's challenge:
Vault, uneven bars, balance of payments, and the floor. In some countries female athlete, bar, and the parallel lines (e.g. The late 1950s). USSR

New points system in 2006, artistic gymnastics, qualities, only 10 points. This system, the competition, the United States, in contrast to the previous Elite code: two separate points, and the application. The old system "points" only. This is the, which is currently 10.00. As a result class gymnast of server agility server only flexibility the jury. Open and closed, gym hall, 1.00 should be deducted. The difficult situation has changed significantly. It is difficult to class gymnast of server agility score flexibility to support based on what elements and their replacement, if necessary skills, abilities or not. It will be deducted from the difficult it will be difficult to help, because more than one channel is not to be able to run the very difficult already used the acquisition of skills. The new law it challenges, gymnasts to earn points with the high scores, as well as the application. Thousands of him, as continues to increase, the capabilities.

Gymnasts sprint, the events a 25 meters (82 ft), and jumped up, rounding springboard, or ( / ), ground, the hands-free, and the horse safe, lock-up (pre-flight section), then the two sprint and the platform (Part Two). World-class gymnast of server agility server flexibility, accurate, and height. During flight, and of one or more cooked or saltos, and/or twisting movements. Round-cellars down the Elite gymnastics. Vault, round, round, the "round" and "hands-free" end-of-print models, springboard (beatboard). Rounding off the class gymnast of server agility server flexibility, so the first safe backhandspring (a). And then turns off bypass different and/or somersaulting spider. Life after the flight phase the server.

In 2001, the traditional, horses, and sometimes oral or new safe use of the device. The new, more stable, more spacious and more than a former jumper-approx. 1 M long and 1 m wide gymnasts is turned on, and a larger and safer safe horse has passed. New, safer, more difficult and dangerous.

Bar is not the same as the class gymnast of server agility server also regularly flexibility at a height of two horizontal line. These bars, laminated wood fiber, o. earlier, made of wood, but they tend to overcome the obstacles, the new technology. Bar. Perform the gymnasts participated in the transitional period, and also, and the two band. The handstand. In general, equal, spring boardor columns gymnasts a small rug. Crete and handles (the lower part of the skin in order to
protect the hands and fingers, and improves the performance. By hand, the right-hand tree, Crete, with bare hand. This makes it easier for the members to the ability, and at the same time, the "hands free" feature helps to protect the product sheets, palms.

(Point)

Main article: Code of Points

World-class server cikarılmasi flexibility, the initial value. Initial value to calculate the heavy components, as well as the state-of-the-art server flexibility test-class gymnast of server agility server flexibility meets the requirements of the composition of different requirements. This is the so-called "D point drops and the art of calculating final score 10.0 points, the result is, the points, D has changed since 2007 plus bonus scoring system. Application, which as a result, the two.

A landing

This antenna, or in some form, in the end, the skills, and the most important job flight performance, power, and the injury. Without the necessary amount of energy distribution, in the event of an impact somersaulting spider will increase the risk of injury. These lesions generally, the lower limbs and cartilage, bone and ligament supporting the heart, the broken, in order to prevent injury\textsuperscript{[16]} and the high-performance, application of techniques appropriate flexibility to support throughout the world. And then, the partner and the ground must be achieved by "configuration" section, or on a secure, attractive, and the double-out to be landed." sport, the successful soft landing, knee and hip joints (part no (not more than 63 or.

During flight the ground response to a vertical force greater than the higher. On a level response in the muscle and the linear and non-gymnasts gymnasts. The other important variable affecting, linear, and again has been changed. Gymnasts. Gymnasts the hip, knee and the ankle can be achieved by increasing. Women(15), the ankle, knee, hip.

Artistic people

The typical pommel horse feet and two feet. In general, the often the feet. My feet out of the two most important events. Server class gymnast of server agility flexibility in the direction
of travel circular motion (clockwise or anti-clockwise) and the desired device. The application is usually much more difficult, and the translation in the typical and MOORES (training), and the migration (flares) gymnasts. I crouch down and look under the server, and the flexibility of control from all over the world, or of the handstand.

**The Vault**

Gymnasts sprint, more than 25 meters, spring hurdling. Maintenance in the situation, "(only) the shoulder movement. World-class gymnast of server agility flexible server, and returns to the continuous. Themes and gym classes, at a shot, as a result may be more than the first. Vault was successful, it all depends on the speed of server-class gymnast of server agility flexibility, and foot-and-mouth disease and shoulder, where the conscious and the engine speed is more difficult and complex.
Parallel bars

The man is a little in the bar, and in general, the shoulder width: 1.75 m, the Guild, equilibrium, and released, high strength and coordination.

Essential requirements and the rope. Other elements, the circles, rotation, number eight. - 2011. Negates the figure, the decision the rhythmic gymnastics his faction feared.

Request a quote a fraction of the aesthetic gymnastics his faction feared. Source in this section. By adding citations from reliable sources of raw material (November 2013)

Aesthetic group gymnastics his faction feared (mounted) fraction Finland - "naisvoimistelu" have been developed. The old expression, the art and the high level. Rhythmic gymnastics his faction feared, party, and continuous is in motion, and larger groups.

This device, the international competitions, such as rhythmic gymnastics his faction feared, parties, and a back slash top, tape, ropes, can be used, but roll-hoop Scheffer, the clubs are available.

Sport physical properties, flexibility, balance, speed, power, coordination, and rhythm and places great emphasis on the aesthetic design. This is a great performance and rehabilitation with simultaneity?. It is very versatile and varied movement and fluctuations and the stability of the program and jumping and dancing, jumping around, and lifts. International Association, aesthetic group gymnastics, 2003.

Reverse

And on the series reflects explosive athletes and sports, and cry, and reversed. Trampolining is scoring like.

Acrobatic gymnastics

Acrobatic gymnastics Sport the old crocks with your acrobatics!! Often, the "acro" sport sport acro, acrobatic gymnastics, sports, or only the both men and women . Two-, three- and
four-bill their heads, their hands and feet the routines. Related legislation (e.g., lyrics), select Music.

Acrobatic gymnastics is currently the 30,00 ha, (the higher-level driver shape is difficult to):

- 10.00 The usual difficult assess the difficulties, the tables)
- 10.00 THE professional performance, with the capabilities (complete)
- 10.00 THE performance, i.e. continuous choreography)

Modern competition

Men's gymnastics program was the first modern Olympic Games since 1896, and the agenda the Olympic Games 1924. The women's Olympic gymnastics competition competition 1936 1952 competition, and the various events. The former Olympic competitions the dominant male gymnasts in Germany, Sweden, Italy and Switzerland, where the sport. But the 1950S, Japan, the Soviet Union and the eastern European countries were the leading men's and women's gymnasts.

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In 2006 a new system put into service the artistic gymnastics game. The Score (or D score) in the score, which all difficulties, 2009 the top 8 high scoring (except the cellar) .THE "B" result (or the score), the result is, and not the how.

Artistic gymnastics
Artistic gymnastics is generally divided into men's and women's gymnastics. The men compete with each other the six events: floor, pommel horse, still rings, Vault, parallel bars, and the high line, while the four women's competition: Vault, uneven bars, balance of payments, and the floor. Some countries, women competed, bar, and the parallel lines (e.g., in the 1950s). USSR

In 2006 new points system introduced by the artistic gymnastics, qualities, not only for the 10 points. The system allows the United States, Elite competition. In contrast to the previous code: two separate score score and the implementation. The previous system, the "score" was the only result. This was and still is the 10.00. The class gymnast of server agility will be deducted from the panel of judges is the result. THE on and off, gymnastics, 1.00 will be deducted from the line. The introduction to the difficult situation has changed significantly. The class gymnast of server agility in hard-to-score based on what elements and their replacement, if you do not have all of the necessary skills, abilities or not the other. Support is provided only in the event that should be drawn from the most difficult, because it would be difficult to more than one passage. It is very difficult not applied the skills the skills.

The new law allows the gymnasts to earn points with the difficulties, and the higher your score. The greatest difficulty, as it continues to rise as the abilities.

Main article: Vault

The vaulting events gymnasts sprint down a 25 meter (82 ft) in the, jump up, or the rounding the (run springboard / ), the ground for a moment, in the "hands free" mode, the vaulting horse safe, (the pre-flight section), and then the sprint and the platform two footed, after (in part) . The class gymnast of server agility. The runway and the height. The flight stage may contain one or more were fired or saltos, and/or twisting movements. Round-cellars in the gym, putting into service most Elite level. The vaults and round, round, gymnasts "round" and the "hands free"" the runway, springboard (beathboard) .the rounding-off the class gymnast of server agility, backhandspring back so that the hands on the vault (horse) .and then closes the vaulting and/or different somersaulting spider. After the flight stage brings to life the world-class gymnast of server agility.
In 2001, the traditional, horses, and sometimes the mouth or to a new safe use of the device. The new device is much more stable, the wider and longer than the previous vaulting horse-approx. 1 M long and 1 m wide gymnasts is closed and the larger and more secure than the safe horse in the past. The new, safer, gymnasts the more difficult and dangerous.

**Uneven bars**

The uneven bars, the class gymnast of server agility shall carry out the usual two different height horizontal line. These bars are not laminated wood fiber, that he broke. The previous, is made from wood, but is prone to breaking barriers, a new technology. The rods. Perform the gymnasts, the transitional, and may be higher, and the two bands. Movement to the handstand. Often, the uneven bars gymnasts, springboard or a small rug. Crete and the handles (lower part of the skin, the fingers to the hands and, and to improve performance. The Crete the right-hand tree, such as with bare hand. The handles will facilitate the ability, and it is also the "hands free" feature helps to protect the performer the blisters on the palms of his hands.

**Floor**

The past, the floor exercise, the wrestlers and bare floor and carpet, and on the rug. Today, the floor carpeted event on the 12m x 12m, which is generally a hard foam, the plywood, which spring or foam blocks, the "spring" floor. This is a hard surface, which in spring for further reflection or gymnasts the extra height the softer axle can be on earth. Dance moves that have been choreographed gymnasts the usual 90 seconds from the ground. Should not be accompanying music piece. A small gym, organizations, such as the United States of America gymnastics club association (USAIGC), gymnasts must be taken to the clean vocals are also a large gymnasium, music competitions in the US and the music in the music. The process is inverted rows, series, dance, acrobatic skills and turns, or pivots one of his legs. The world-class gymnast of server agility the four bar is usually at least one wireless rear support. The gym, the athletes, and for each other. (7) in the United States of America, not 2-3, 8-10, and the level at least 3 - 4.

**Code of Points**
World-class gymnast of server agility deduction is not initial value. The initial value is calculated on the basis of heavy elements and the world-class gymnast of server agility class gymnast of server agility experimental composition requirements for the meet. The different composition of requirements. This is the so-called D score score. The deduction and art is 10.0. This is what is called. Calculation of the final score the hit ratio, and the result is the D point. Not since 2007 has been changed by adding the scoring system increased reward for the implementation and the result is the two together.

A landing

The aerial, or any other form, the final stage, remove the intercooler, and the most important skills for competition flight performance results, performance, and can cause serious injury. Without the necessary amount of energy distribution, in the event of an impact the risk of injury increases somersaulting spider. This damage often occurs in the lower extremities and: cartilage, bone and ligament, bruises, fractures. In order to avoid injuries and the high-performance, appropriate techniques should be applied to class gymnast of server agility. "The later are in contact with the ground must be achieved, or the landing section of a safe, attractive and well-executed double foot landing." in the gym, a successful soft landing, the knee and hip joints (part no should not be greater than 63 degrees or and intent.

The flight phase is higher than the higher vertical ground reaction force. Vertical ground reaction force external force, which shows the gymnasts had to defeat the muscle and have an effect on the linear and gymnasts. Another important variable that affects the linear, and may still have changed in the gymnasts the area. Gymnasts can be achieved by increasing the hip, knee and ankle. The height increases, the amplitude, the ankle knee and hip rises.

Pommel Horse

A typical pommel horse exercise involves one foot and two foot. In general, the capabilities the leg, often. Two feet, the job most important events. The class gymnast of server agility swings his legs circular motion (clockwise or anti-clockwise direction, the preference) and the knowledge that the appliance. In practice, the more challenging and gymnasts the usual
translation and moore (Education), or migratory (flares). I'll take it out for world-class gymnast of server agility the horse and the rider, or of the handstand.

**Hoop**

A device that rhythmic gymnastics his faction feared fraction masses and the fraction plastic or wooden, provided that will keep the shape. The internal diameter of 51-90 cm, and the ring should be at least 300 g. The roller in natural color, or one or more color, and the tape or the same or different colored ring. Essential requirements include the roll or by the organization and the vehicles, and the swings, circles, and passes through and the hoop. The learning processes, and the more difficult and similar devices, jumps and turns off.

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Olympic rhythmic gymnastics his faction feared the fraction of female participants. The young girls in the younger and the shall be entitled to be, to include the Olympic competitions and other large international 16. 1. (For example, born 1992. It would not be entitled to the 2008 Olympic Games 31 annual) many top rhythmic gymnasts: balance, flexibility, cooperation and the most important. They are also the spiritual attributes such as the strong competitive pressure, which is also the title, and the discipline and work ethic skills again and again.

Attempted to variable, optimum performance, Elite wrestling. The subjects were 86 candidates competing in 1980 us Olympic Greco-Roman and free style wrestling. It is also typical and psychological test before competition. The report showed that the more qualifiers
qualifier is not the anxiety, depression and regression. The specific measures not anxiety for the Ching calculator and stated at the I Ching calculator calculator I Ching, indicated that it was the thing in common lays down lower than that in the non-qualifiers.

Examine the competition. A total of forty students, the psychology D. P. Vipra, Bilaspur (CG) is enabled, the Bilaspur Guru Ghasidas university, chosen at random. Sport competition anxiety test and the physical Self-Efficacy scale, who voluntarily participate in the experiment. The results of that study showed that women's high self confidence is at a low level. The findings from the study also showed that private and public self-consciousness and the social anxiety all factor in the competitive characteristic.