

LAHS- Gymnastics Study Guide



Gymnastics Terms and Definitions

Mount: The act of getting onto an apparatus, and the skill used to do it.

Floor Exercise: The event performed on the floor apparatus. Men and women perform choreographed routines that include tumbling and acrobatic skills.

Springboard: Gymnastics equipment required on vault, and used as an optional aid for mounts on parallel bars, balance beam and uneven bars.

Tumbling Run or Tumbling Pass: A series of acrobatic skills performed on floor from one corner of the mat to the other.

Balance Beam: A gymnastics apparatus used by women in artistic gymnastics. It is a 4-inch wide platform upon which gymnasts perform tumbling and dance skills.

Gymnastics: A sport involving performance of exercises requiring physical strength, agility and coordination. It evolved from exercises used by the ancient Greeks, including skills for mounting and dismounting a horse, and circus performance skills.

Somersault or Forward Roll: A movement in which one's body is rolled forward, by putting the head on the ground and swinging the legs over the head.

Dismount: The act of getting off an apparatus, and the skill used to do it.

Uneven Bars: A gymnastics apparatus used by women in artistic gymnastics. It consists of two horizontal bars at different heights and with a distance between them.

Stick: To land an acrobatic skill, jump or dismount perfectly, without any steps, stumbles or errors.

Gymnast Study Guide

Donna M. Lusardi, Rosemarie Kent



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