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FACULTY OF PHYSICAL CULTURE AND SPORTS

POST DIPLOMATIC-MASTER STUDIES

THEME:

EXERCISES IN THE BALANCED BEAM

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Prishtine, 2014

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Introduction

Motor skills perfected with skills such as: force, precision, balance, flexibility, coordination of the movement constitute one of the basic sports called gymnastics. Gymnastics is the basis of all sports and it is essential not only for the physical development but also for the psychological development of children.

Exercises in the balanced beam are an integral part of the various gymnastic racing for women. It is the most difficult and longest type of various gymnastic races.

As an equipment of the various gymnastic racing, exercises in the balanced beam were introduced for the first time in the Olympic games in 1938. They consist of elements and approximate relations with those that are executed in the ground with free body. In the balanced beam are executed exercises in return and spins around the three axes, while touching the balanced beam with all parts of the body.

This makes these exercises difficult while conditioning from its 10cm surface.

Sports gymnastics is a very popular discipline in the World and Europe and can be ranked as widespread, whereas in our country in Kosovo, it is not popular at all.

Gymnastics in ancient Greece was a preparing system for the soldiers. There is data of different models of gymnastics exercises in China and India.

Gymnastics in the current form was developed in the 19th century in Germany in the same year in united Czechoslovakia as well. In 1881 is formed International Federation of Gymnastics, whereas only a few EU countries were involved. Sports gymnastics is an Olympic sport since the beginning of 1896, which means by the modern Olympic game, although women were allowed to compete in sports gymnastics in 1928.

There is almost no motor sport or any activity, which is the richest in diverse movements and position, such as it is the exercises in equipments. Wealth of movements and positions during the exercise in equipments that enables them to create a large fund of motor skills.

In order to appropriate the master of the execution of exercises on the balanced beam it is not enough the regular technical execution of elements and the high sensitivity equilibration, but we must achieve a better coordination of muscular strain and adapt in a creative way the exercises that we will execute.

Variety of exercises on the balanced beam, the alternation of static and dynamic exercises, the loss and return of the balance makes these exercises attractive as well as affect the development of the physical and functional skills of the organism. We also educate to the gymnasts the ability of orientation in extreme conditions, we educate the will and teach the gymnasts to own their

body in a higher level. Sports Gymnasts is very important because all the muscles of the body are involved, so the muscles of the upper body, lower and the chest etc.

Of a special importance during the execution of exercises in the balancing beam is the preservation of the balance which is the basis for their technique. How the balance is preserved we shall see below, but now we will show which analyzers help to maintain this balance:

1- Vestibular analyzer (hearing):

2- Motor analyzer (movement);

3- Analyzer of vision;

4- Analyzer of touch

Vestibular analysis informs the executer on different positions of the body during the moves. This analyzer gets harassments that are created when the moves are accelerated whether they are right or by spinning, it impacts the motor apparatus (it makes the right moves)

Motor analysis – with the loss of equilibration arises the change of tone of the expansion of the flexor and extensors muscles and the movements arise that affect the maintain of balance. This analysis relates with the motor analysis.

Analysis of vision-to have precision in movement, in a tight area such as the balanced beam, with its help the gymnastics estimates muscle strain, the distance of running, the direction of displacement of different body parts etc.

Analysis of touch-sensitivity that the gymnastics has in tissues of the skin when perceives contact with the tool, it plays its role during the execution of exercises in the balanced beam. As a result of the action of harassments of the diversity of the touching are created temporary nerve relations that may help in maintaining the stability of the body in different positions.

To achieve good results in the balancing beam, especially the coaches need to know these physiological mechanisms of maintaining the balance of the body, to recognize and train them. Other characteristics in the balanced beam is that all movements such as walking, running, dancing, different positions differ from setting foot in the middle line through the tops of the feet from the outside in order to feel the sharp part of the balanced beam.

Acrobatic elements that are executed in the balanced beam, which are characterized by the preciseness management of the movements with a very focused attention, have to do with the special seizures that are characteristic for this tool such as: holding thumbs on the balanced beam and in front with each other, capturing all along, but hands placed in height, extensively catching with all fingers alongside the balanced beam. Characteristic for the balance beam is the special punctuality of the vertical position of the line that passes through the center of gravity, and also for by the spin amplitudes for creating a good support after the return.

Conclusion

Exercises in equipments have a particular importance in the harmonic development of human with all their anthropological characteristics. The impact of gymnastic exercises it is considered as an impact of their education, respectively the possibility of applying of exercises in equipments which affects certain transformations of the personality of the gymnasts.

Disciplined women like rhythmic and sports gymnastics and, those who are brave, determined and that these people are balanced.

Within the branches of sports, sports gymnastics is a sports and rhythmic branch which as a form of physical and health culture, as a rational and motor activity is oriented in the harmonious development of the human body, in the development and perfection of motor abilities and an impact on the multidimensional aspect of its development.

If all individual and team sports in the framework of which are also included the sport and rhythmic gymnastics that aims: The external building of the human body. People through gymnastic exercises are developed harmoniously in all parts of the body, such as by volume, as well as for the operation. In raising all psychomotor skills, especially those of agility.

In therapeutic aspect gymnastic exercises besides affecting the preservation and promotion of health to athletes or ordinary people, they have therapeutic character in cases where is required their application in the treatment and rehabilitation of athletes after various injuries or removal of functional deformities, usually it applied the corrective gymnastics.

Man is able to execute with thousands and thousands of exercises, so we have to teach them, to acquire and refine in order to apply in everyday life in carrying out certain tasks more easily. The new movements that can be executed which means to relate to an entirely from the moment of giving the signal for the executions of up to the completing of exercise.

- Movements are automated with their repetition in the right way, several thousand times.
- During the learning of new movements and their execution in different situations and conditions, especially in the early age may influence the growth of knowledge ability or intelligence.
- Gymnastic Exercises impact on reducing the negative traits, positive impact, especially when they go in those pathological and then reducing the impact on sports results, especially in sports gymnastics

In terms of impact on social dimensions, the role of gymnastics is special, especially with social reasons such as the desire for self-domination, self-affirmation and self-identification, etc.. Having contained the results of various studies and current researches in the field of gymnastics, it can be noted that successful gymnasts possess:

- A Greater emotional stability,
- Reduction of Anxiety, a better emotional self-control
- Extravagant behavior
- Best mounting confidence and security in yourself
- The highest ladder of assertiveness, responsibility and addiction in group
- Expressing the need to dominate the arrival competition, the improvement of skills of the adjustment in terms of stress
- A very high motive in stress conditions