

Name \_\_\_\_\_

## Balancing Act: Mastering the Balance Beam in Gymnastics

### Multiple Choice Questions

1. What is the primary challenge of performing on the balance beam in gymnastics?
  - a. Managing nerves
  - b. Narrow width of the beam
  - c. Limited space for routines
  - d. Lack of padding on the beam
  
2. Which of the following is NOT a component of a balance beam routine?
  - a. Mount
  - b. Dismount
  - c. Vault
  - d. Series of acrobatic elements
  
3. How is the balance beam scored in gymnastics?
  - a. Only based on Execution
  - b. Only based on Difficulty
  - c. Based on Difficulty and Execution
  - d. Based on artistic expression
  
4. What is the purpose of a gymnast's dismount from the balance beam?
  - a. To start the routine
  - b. To end the routine
  - c. To perform acrobatic elements
  - d. To execute a handstand
  
5. Why is precision and control crucial when performing on the balance beam?
  - a. To impress the judges
  - b. To make the routine look easy
  - c. To avoid deductions and errors
  - d. To perform daring acrobatics

