

Name _____

Parallel Bars in Gymnastics: Strength and Precision on Display

Multiple Choice Questions

1. What is the primary material used to make the parallel bars in gymnastics?
 - a. Wood
 - b. Plastic
 - c. Metal
 - d. Fiberglass

2. Why do gymnasts use handguards or grips on the parallel bars?
 - a. To improve their balance
 - b. To protect their feet
 - c. To protect their hands and enhance grip
 - d. To reduce the width of the bars

3. Which of the following is NOT a key technique used on the parallel bars?
 - a. Swings and circles
 - b. Strength elements
 - c. Leaps and jumps
 - d. Dismounts

4. What is the purpose of swinging and circling movements on the parallel bars?
 - a. To entertain the audience
 - b. To generate momentum
 - c. To test the gymnast's flexibility
 - d. To practice balance

5. How are scores determined in parallel bars routines?
 - a. Only based on Execution
 - b. Only based on Difficulty
 - c. Based on Difficulty and Execution
 - d. Based on artistic expression

