

Name \_\_\_\_\_

## Gymnast's Quest for Excellence: Training for Spectacular Performances

### Multiple Choice Questions

1. What is the significance of building strength in gymnastics training?
  - a. It helps with choreography and routine practice.
  - b. It enhances flexibility.
  - c. It develops the muscles needed for gymnastic moves.
  - d. It focuses on mental preparation.
  
2. Why do gymnasts dedicate time to mastering basic skills like cartwheels and handstands?
  - a. To perform advanced skills in competition.
  - b. To improve their flexibility.
  - c. To focus on mental preparation.
  - d. To build cardiovascular endurance.
  
3. What is the primary goal of practicing proper form and technique in gymnastics?
  - a. To reduce the risk of injury.
  - b. To complete routines as quickly as possible.
  - c. To increase flexibility.
  - d. To enhance choreography.
  
4. Which aspect of gymnastics training involves working with choreographers to create routines?
  - a. Developing flexibility
  - b. Mastering basics
  - c. Apparatus training
  - d. Choreography and routine practice
  
5. What is the role of mental preparation in gymnastics?
  - a. Building physical strength
  - b. Enhancing flexibility
  - c. Focusing on cardiovascular conditioning
  - d. Staying calm under pressure

