

Name \_\_\_\_\_

## Pommel Horse: The Uniquely Challenging Apparatus in Gymnastics

### Multiple Choice Questions

1. What is the primary material used to make the pommel horse?
  - a. Metal
  - b. Rubber
  - c. Wood
  - d. Plastic
  
2. Why do gymnasts use grips on the pommel horse handles?
  - a. To protect their hands and provide stability
  - b. To make the handles softer
  - c. To reduce the width of the handles
  - d. To make the routine more challenging
  
3. Which of the following is NOT a key skill in pommel horse routines?
  - a. Circles and travels
  - b. Flairs and spindles
  - c. Jumps and leaps
  - d. Scissor movements
  
4. What is the primary purpose of performing circles and travels on the pommel horse?
  - a. To entertain the audience
  - b. To test the gymnast's flexibility
  - c. To build strength in the arms
  - d. To demonstrate balance and coordination
  
5. How are scores determined in pommel horse routines?
  - a. Only based on Execution
  - b. Only based on Difficulty
  - c. Based on Difficulty and Execution
  - d. Based on artistic expression

