

Name _____

Uneven Bars: Dynamic Skills and Swings in Gymnastics

Multiple Choice Questions

1. What makes the uneven bars different from other gymnastics apparatus?
 - a. Their color
 - b. Their length
 - c. Their flexibility
 - d. Their height

2. What is the primary purpose of grips used by gymnasts on the uneven bars?
 - a. To add weight to their hands
 - b. To protect their hands
 - c. To make the bars more slippery
 - d. To enhance their balance

3. Which of the following is NOT a key skill in uneven bars routines?
 - a. Swings
 - b. Somersaults
 - c. Releases
 - d. Transitions

4. What is the primary purpose of swinging on the uneven bars?
 - a. To perform a dismount
 - b. To build momentum
 - c. To balance on the bars
 - d. To complete a handstand

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

