

Name _____

Vaulting in Gymnastics: The Art of the Perfect Launch

Multiple Choice Questions

1. What are the two main components of the vaulting apparatus in gymnastics?
 - a. Balance beam and floor exercise mat
 - b. Vaulting table and springboard
 - c. Uneven bars and parallel bars
 - d. Rings and pommel horse

2. What is the primary purpose of the springboard in vaulting?
 - a. To provide a soft landing
 - b. To launch the gymnast into the air
 - c. To act as a platform for dance elements
 - d. To serve as an obstacle course

3. Why is timing crucial during the sprinting phase of vaulting?
 - a. To determine the gymnast's speed
 - b. To select the appropriate vault
 - c. To ensure a perfect landing
 - d. To hit the springboard correctly

4. Which phase of vaulting involves executing twists, flips, and somersaults?
 - a. Flight
 - b. Takeoff
 - c. Landing
 - d. Sprinting

5. How is the final score in vaulting calculated?
 - a. Execution score multiplied by Difficulty score
 - b. Execution score divided by Difficulty score
 - c. Execution score plus Difficulty score
 - d. Execution score subtracted from Difficulty score

