

# CONSTRUCTION OF GYMNASTIC SKILL TEST BATTERY FOR SUB-JUNIOR GIRLS

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## Abstract

The purpose of this study was to construct gymnastic skill test battery for sub- junior girls. A sample size or design is a definite plan for determining before any data is actually collected for obtaining a sample from a given population. The subjects of this study was girls Gymnastic players who represented minimum state level or 3 year game age (as per certified by coach) with the help of purposive sampling. The age group of the subject range was under 14 years only. To construct the skills test battery face validity was used. We took gymnastic skills from FIG rulebook.

After that we sent the skills to 13 experts for rating through likert scale. Then the experts rated & gave suggestions. when we finalized the skill by looking at the ratings. Highly rated skill had been considered for skill test battery.

**Keywords:** Artistic, Gymnastics.

## INTRODUCTION

Indian Gymnastic performances are play very important role for the glorious of the nation. So the gymnastic denote the mother of the all games. Gymnastic is a very important role play in children from beginning of his life. The human being having more flexibility in childhood level so the nurturing of the talent from grass root level is more important. "In gymnastic so many movements are involved like forward role, backward role, cart wheel etc. but as per the International rule book artistic gymnastic have floor exercise and apparatus are involved", (FIG Rule book 2019-20). Skill is an art of perform the gymnastic. Through skill test, the person inside a particular sport presents the performance based on his/her ability. On the basis of this ability, there is the periodic information about the gradual development of the youth and on that basis the abilities are also divided into the different classes. So that they can get more benefits of the training. "The skill test is used at the time of the selection of any gymnasts, so that there is a possibility of selection of fair and nurturing the best talent for the nation" (Gereth Irwin et. al 2005).

Different skills test was constructed on different games like hockey (SAI Hockey Skill test, Hardyal Singh). Johnson Basketball skills test, volley skills test in volleyball. Hockey playing ability test. Used seven skill item and aged grouped was selected between 18 to 25 year old. Simple correlation was used to found the validity. Further apply multiple regressions to select the i.e. Straight hit, flick and speed dodge were the final selected test battery Bosco (2011). Basketball shot take a look at in Handball. 100 male handball players from South-West zone and North-East universities (four university groups from every zone) WHO qualified for the All Asian country Inter-Zonal University Handball Tournament command at Banaras Hindu University, Varanasi, Uttar Pradesh from twenty fifth to twenty ninth Gregorian calendar month 2002, were elite to function subjects for this study Yadav et al., (2011). The criterion live was the typical of the taking part in ability millions of the handball players appointed independently by 3 handball consultants. It absolutely was complete that the freshly developed basketball shot take a look at in handball meet the criterion of scientific credibleness i.e. the take a look at was reliable, objective and valid.

## METHOD AND PROCEDURE

The age group of the subject range was under 14 years only. Gymnasts of age group under 14 years old from Haryana, who was represented their state level or 3 years game age of gymnastic games were selected as subject to construct the norms for the skill test items.

## SELECTION OF TEST ITEMS

As per the expertise and the experience of the scholar skills of the gymnastic has been identified by the reviewing the literature and the past studies conducted by different scholars in the concern field has been the main sources for the identification of skills. Furthermore the investigator also look-out various sources of information like FIG rule book, Video of the gymnastic, discussion with expert of the field and Physical Education teachers for the identification of gymnastic skills.

After that the list of gymnastic skill was send to the experts for the construction of gymnastic skill test. Their opinion and suggestion, was taken on 5 point Likert rating scale. The final list of gymnastic skill test would be identified on the basis of expert reviews. Name of experts are given in next page:

Sr. no.	Name of experts	Designation	Achievements
1	Smt. Nirmala Gulia	DSO Sonipat	National Medalist
2	Smt Rajbala	Gymnastic Coach Rohtak	National Medalist
3	Sh. Virender	Gymnastic Coach Rohtak	All India Inter University Medalist
4	Sh. Naresh	Gymnastic Coach Rohtak	National Medalist
5	Miss Sonia	Gymnastic Coach MNSS Rai	National Medalist
6	Smt Ranjan	Gymnastic Coach Sonipat	National Medalist
7	Smt Sindhubala	Gymnastic Coach Jhajjar	All India Inter University Medalist
8	Smt Mamta	Gymnastic Coach Jhajjar	National Medalist
9	Smt Raj Rani	Gymnastic Coach Karnal	National Medalist
10	Naveen	Gymnastic Coach Bhiwani	All India Inter University Medalist
11	Mr. NirBhaya	NSNIS	National Medalist
12	Mr. Ravinder	NSNIS	National Medalist
13	Mr. Manoj Rana	FIG Level 3 Judge	National Medalist

## PROCEDURE

A researcher taken gymnastic skills from FIG rulebook as following:

- Gymnastic leaps, jump and hops ( Split Leap, Hop with Leg change, Butterfly, Jump with upper back arch, pike jump, straddle pike jump, side split jump, split jump, ring jump, stag jump, leg change, tuck hop, wolf jump )
- Gymnastic turns (Stretching hop with 360 degree, Stretching hop with 720 degree, Leap with alternate leg change 360 degree, cat leap with 720 degree, tuck hop or jump with 360 degree, tuck hop or jump with 720 degree, hop with 180 degree ,hop with 360 degree, hop with 720 degree, wolf hop or jump with 360 degree, wolf hop or jump with 720 degree, pike with 360 degree, pike with 720 degree)
- Hand support elements ( Jump kick press to hand stand, roll backward to handstand, walkover backward, hand spring forward, round off, jump backward, all flic-flac, cart wheel)
- Salto forward and Sideward ( Salto forward tucked or piked, Salto forward with 180 or 360 degree, Salto forward stretched with 180 , 360 , 540, 720 and 900 degree, double salto forward with 180 degree, free walkover forward, free cartwheel, double salto tucked with 180 degree).
- Salto backward ( Salto backward tucked, salto piked or stretched, salto backward stretched with 180 to 1260 degree, whip salto, whip salto backward with 180 to 360 degree double salto backward with 720 degree double salto stretched with 180 degree to 720 degree.

## 2. Vaulting table

- Handspring (Handspring forward on 180 degree – 900 degree).
- Yamashita (Yamashita with 180 degree and 360 degree).
- Round off with or without turn (Round off flic- flac, round off flic- flac with 180 degree on handspring forward off, round off flic- flac with 180 degree -180 off , round off flic-flac with 180 degree – 360 off, round off flic-flac with 180 degree on – 540 degree off, round off flic flac with 360 degree on – 180 degree off).

## 3. Uneven bars

- Casts
- Clear Hip Circles
- Grant Circles
- Stalder Circle
- Pike Circle
- Mount
- Dismount

## 4. Balancing beam

- Mounts.
- Gymnastics leap, jumps and hops.
- Gymnastic turns.

d.) Acrobatic flight

After that we sent the skills to 13 experts for rating through likert scale. Then the experts rated & gave suggestions. when we finalized the skill by looking at the ratings. Highly rated skill had been considered for skill test battery.

1. 360 degree on one leg.
2. Any bar change movement
3. Back flip
4. Cast to handstand with legs together
5. Flic flac salto backward stretched
6. Handspring pike
7. Mini giant circle backward
8. Pivot 720 degree
9. Two jump in succession one beibg a leap
10. Two different leap with or without step
11. Salto forward stretched
12. Salto backward stretched dismount
13. Forward stretched dismount

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