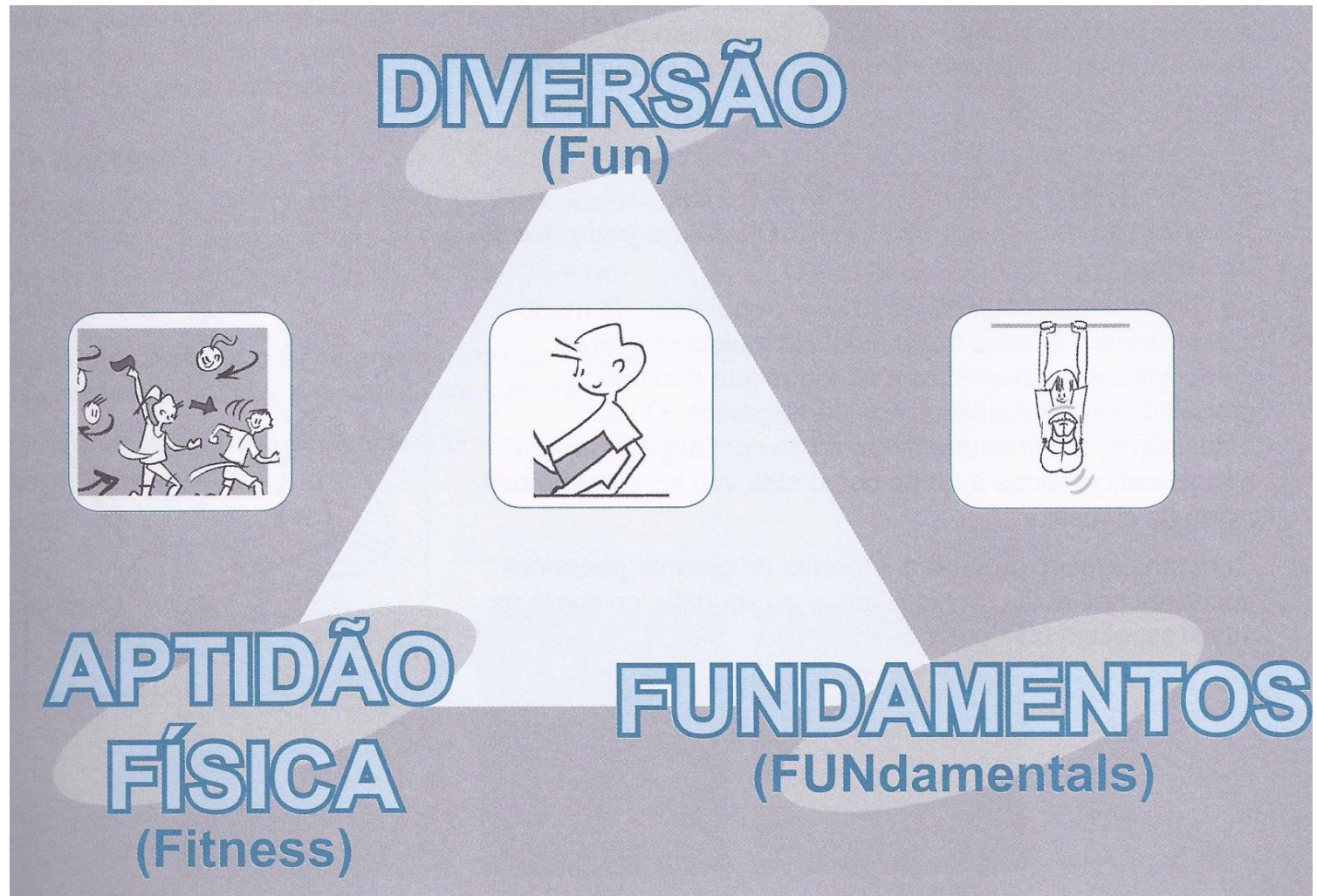


Fundamentos da Ginástica Artística



Filosofia Educacional



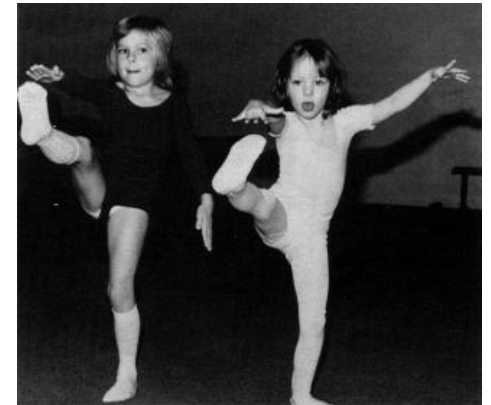


Aptidão Física

- ❖ Flexibilidade
- ❖ Força
- ❖ Potência
- ❖ Resistência
- ❖ Orientação Espacial
- ❖ Equilíbrio

Prazer

- ❖ Permanência na atividade
- ❖ Sucesso
- ❖ Desafio
- ❖ Motivação
- ❖ Variedade de estilos de ensino
- ❖ Variedade de experiências



Fundamentos

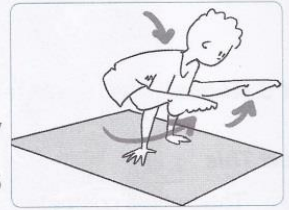
- ❖ Padrões Básicos de Movimento

FUNDAMENTOS



Keith Russell

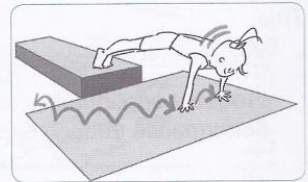
stationary
positions



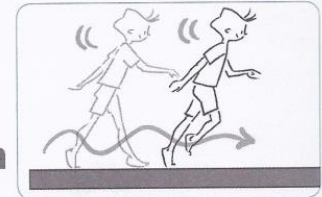
landing



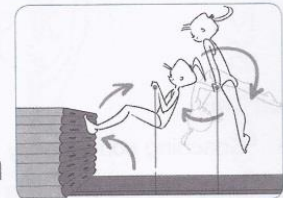
spring



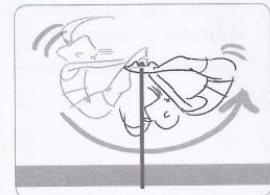
locomotion



rotation



swing

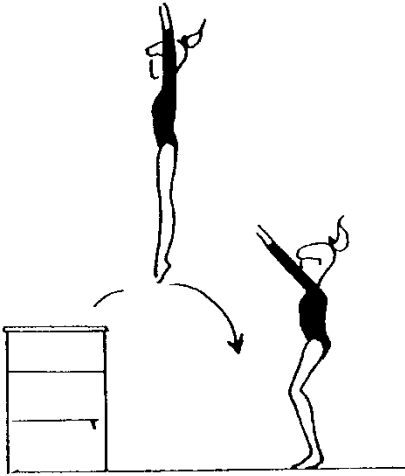


ANÁLISE MECÂNICA DA GINÁSTICA

Fundamentos:

- ❖ Centro de Massa desacelera com segurança
- ❖ Centro de Massa permanece dentro da Base
- ❖ Centro de Massa desloca rapidamente
- ❖ Centro de Massa desloca repetidamente
- ❖ Corpo gira em torno do eixo interno (CM)
- ❖ Centro de Massa gira em torno de um eixo externo

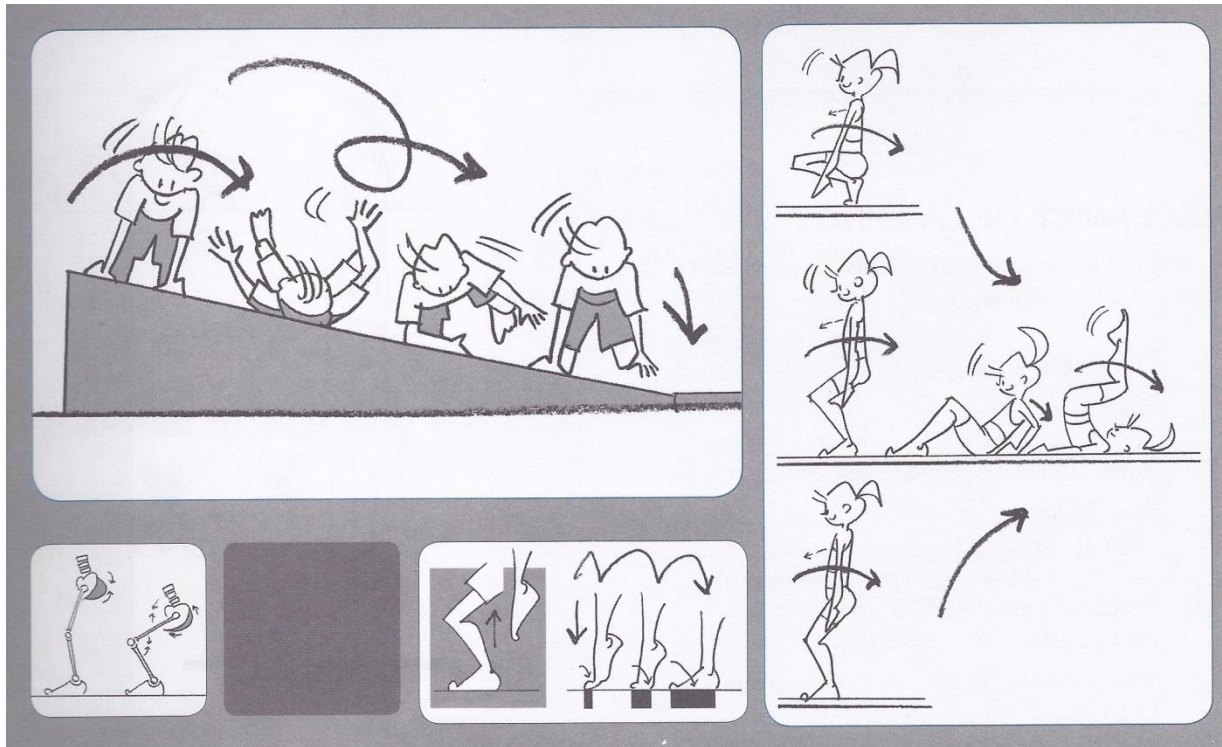
Aterrissagens



❖ Centro de Massa desacelera com segurança

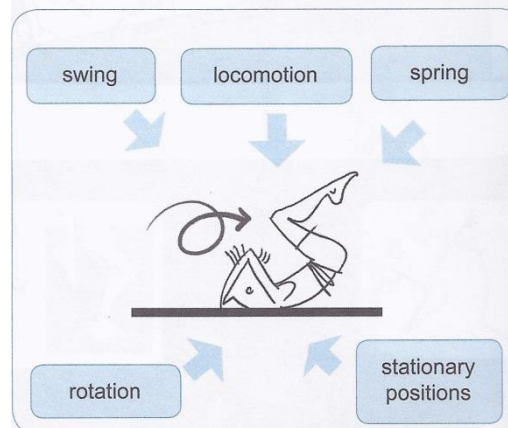
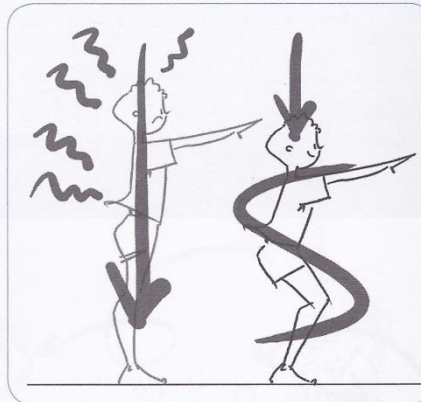
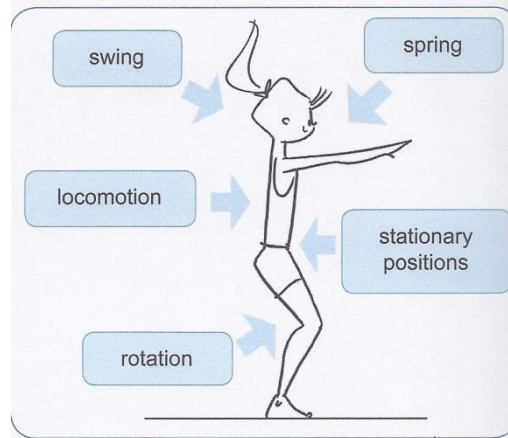
Atenuar a força das aterrissagens:
ampliar tempo e superfície de contato

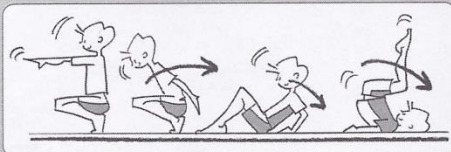
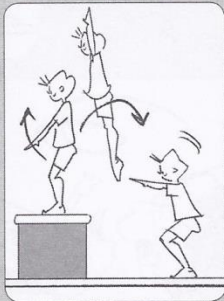
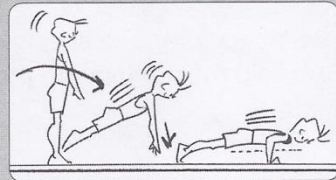
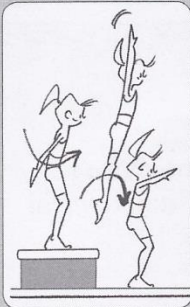
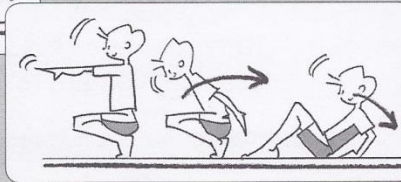
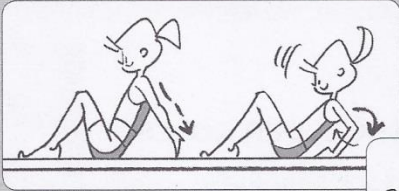
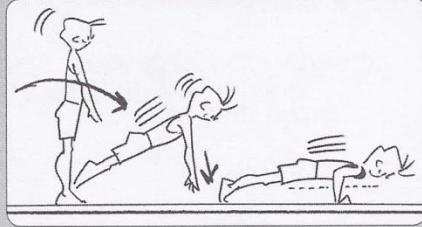
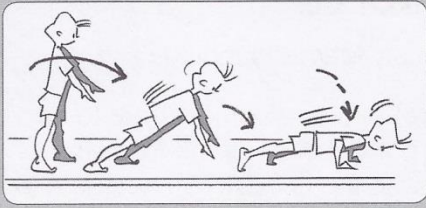
Aterrissagens



Sobre os pés
Sobre as mãos
Sobre as costas
Em rotação

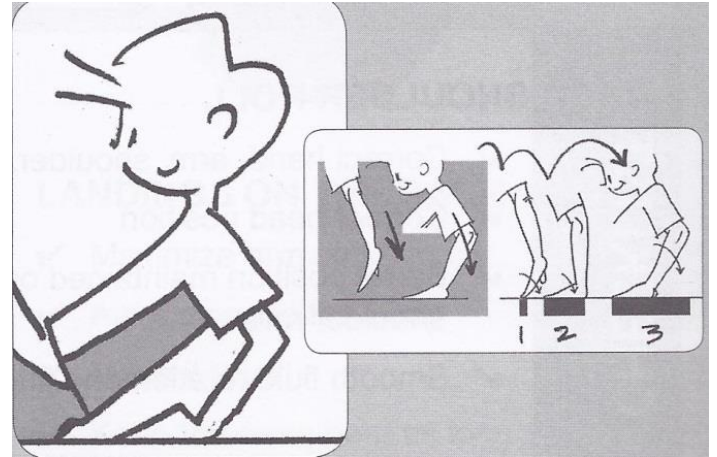
Altura
Direções
Configurações
Superfícies
Equipamentos

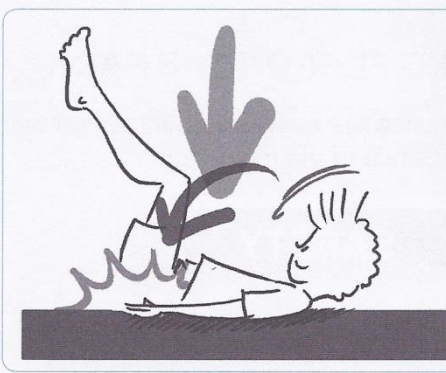




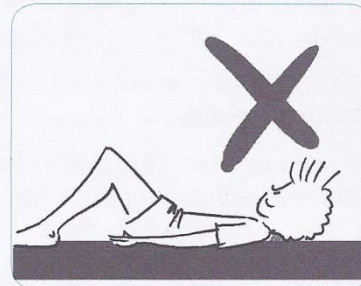
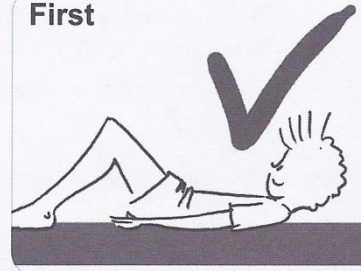
ward,

s

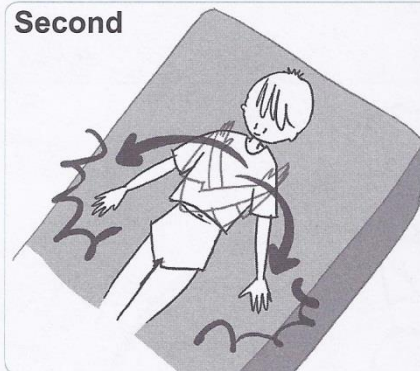


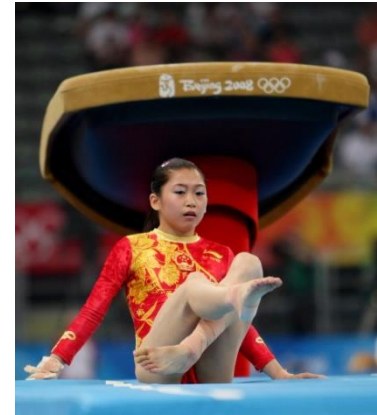


First



Second





Landings

<https://www.youtube.com/watch?v=R38UhOxgl5c>

<https://www.youtube.com/watch?v=bNOGyi8J2tg>

<https://www.youtube.com/watch?v=-lYdFYK0Mol>

Stick Your Landing

<https://www.youtube.com/watch?v=sGzc99vLrkU>

<https://www.youtube.com/watch?v=zP31dhCqnHg>

Landings deductions

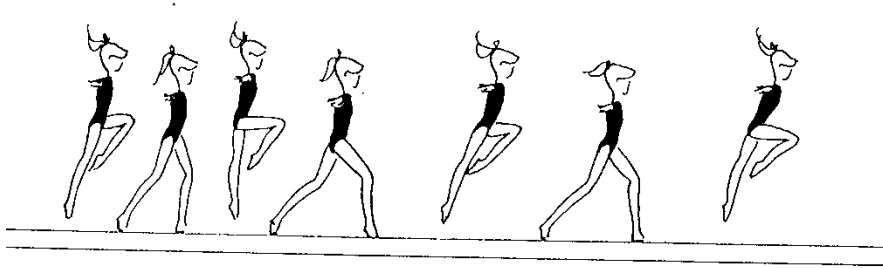
<https://www.youtube.com/watch?v=qVB1iNwjy1U>

https://www.youtube.com/watch?v=-_fbKADcRAA

Everything can happen

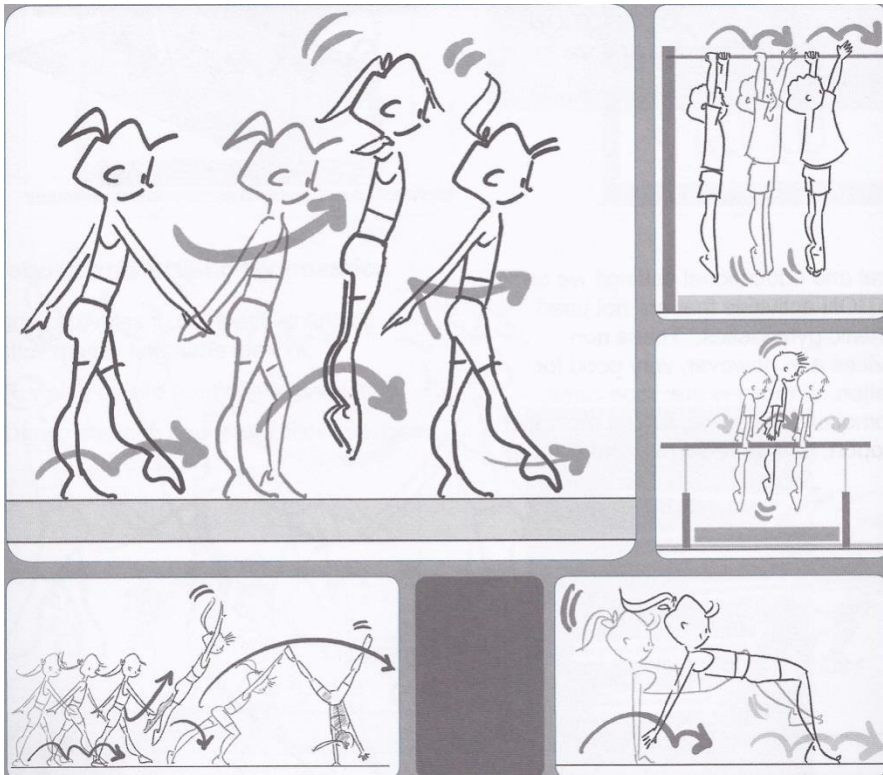
<https://www.youtube.com/watch?v=KCgqVisO498>

Deslocamentos



❖ Centro de Massa desloca repetidamente

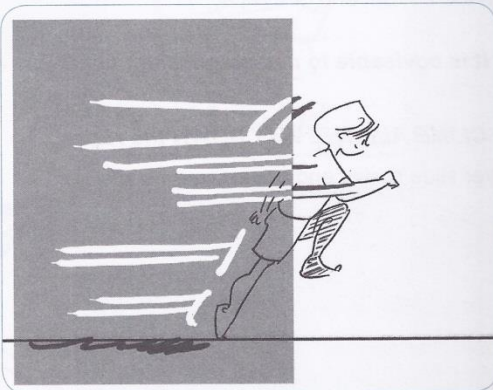
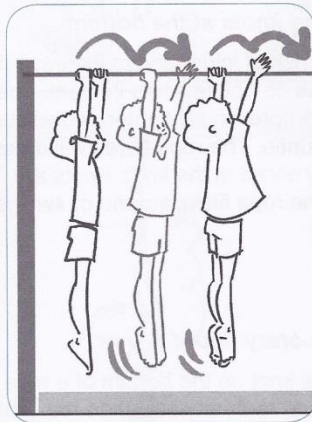
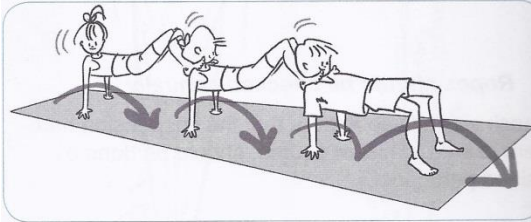
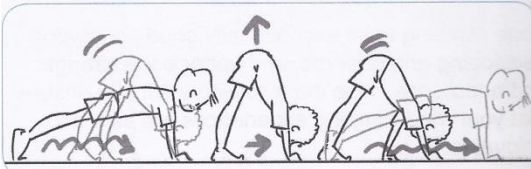
Aplicar a **força diretamente ao CM** e desenvolver a potência dos músculos para aumentar força e manter corpo rígido



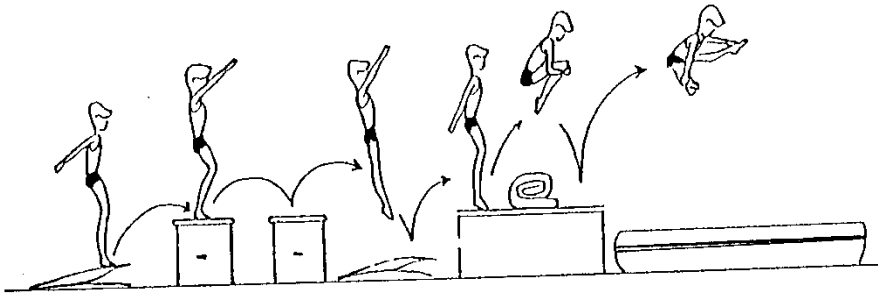
Deslocamentos

Sobre os pés
Em apoio
Sobre os equipamentos
Em suspensão
Em outros PBMs

Direções
Trajetórias
Níveis
Ritmo
Equipamentos
Partes do corpo para apoio

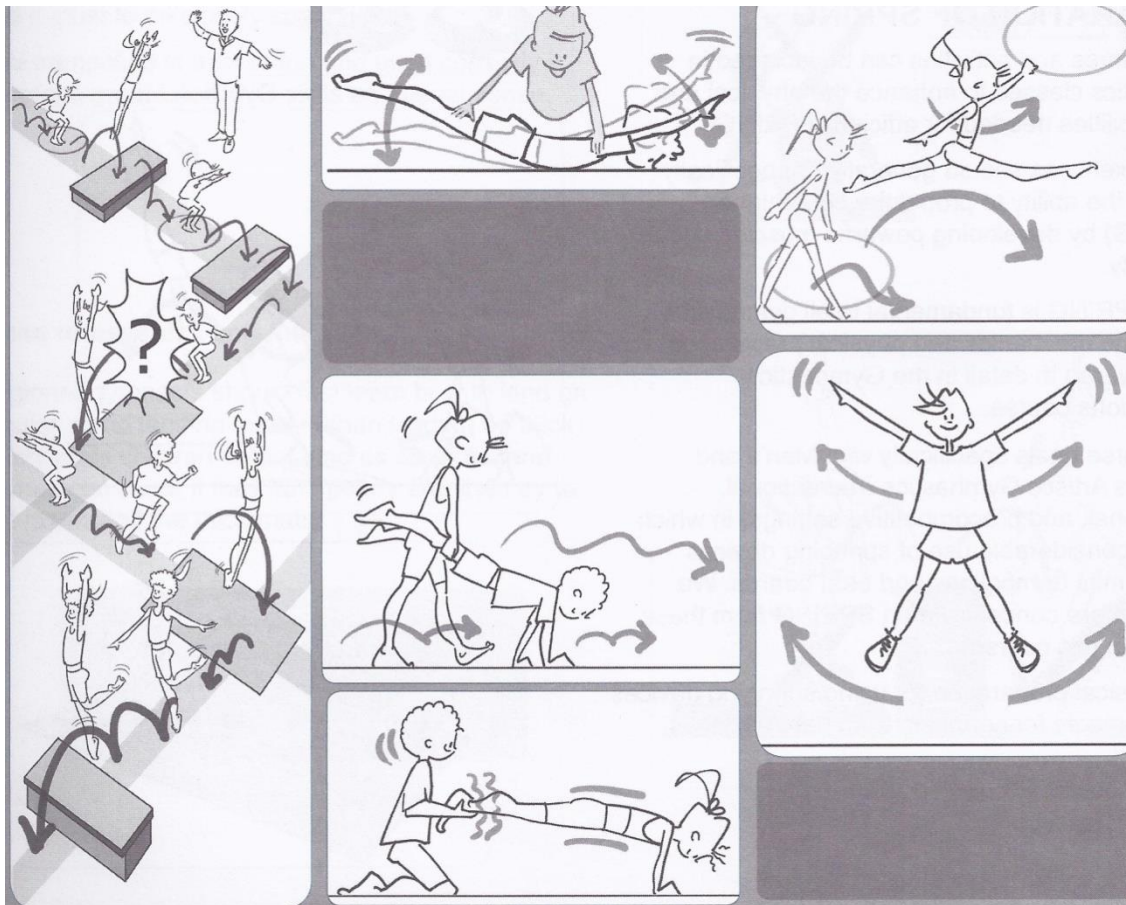


Saltos



❖ Centro de Massa desloca rapidamente

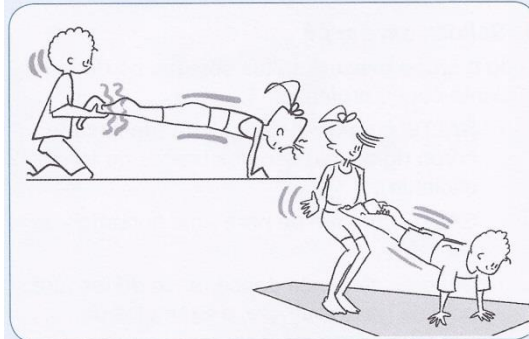
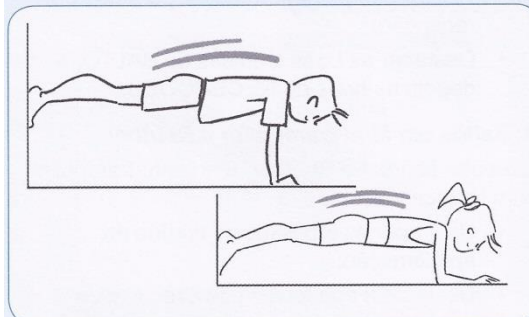
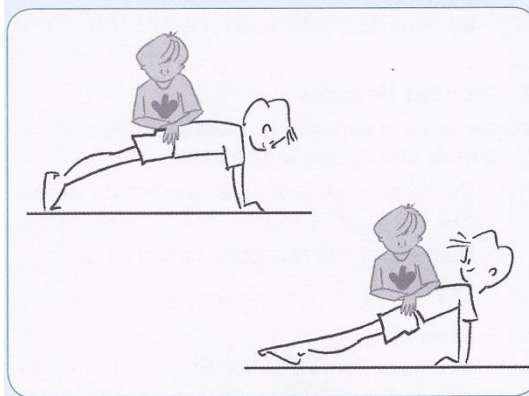
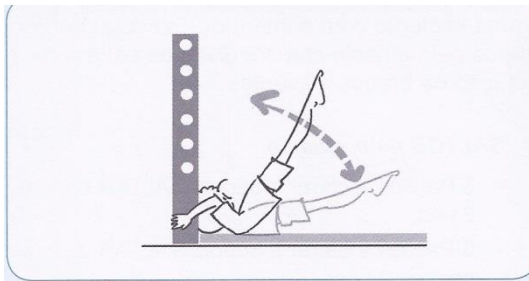
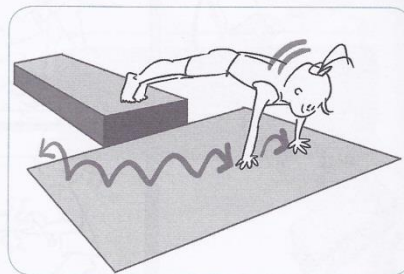
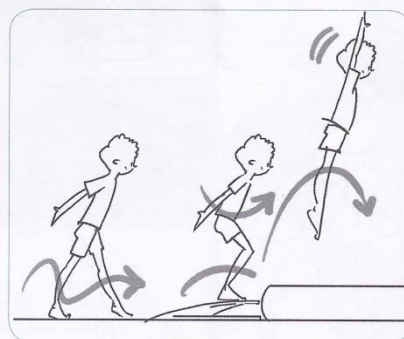
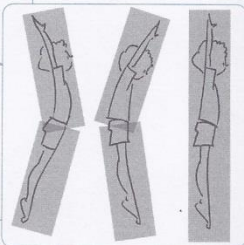
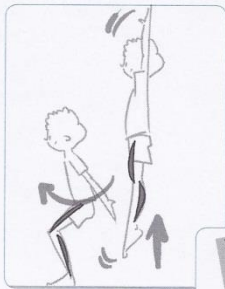
Aplicar **força diretamente no CM** para provocar movimento linear explosivo e desenvolver a potência dos músculos para aumentar força e manter corpo rígido



Saltos

De um pé
 Dos pés
 Das mãos
 De pés e mãos

Configuração
 Equipamento para propulsão
 Equipamento



Evolução do Salto

<https://www.youtube.com/watch?v=7OxCicwNKfM>

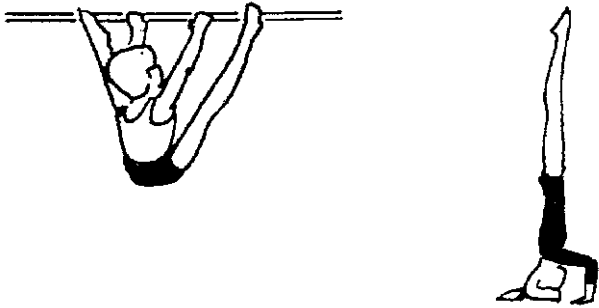
Desenvolvimento básico para saltos

<https://www.youtube.com/watch?v=-jGvoMMxnzY>

<https://www.youtube.com/watch?v=-jGvoMMxnzY>

https://www.youtube.com/watch?v=SqqkGY0I_L0

Posições estacionárias

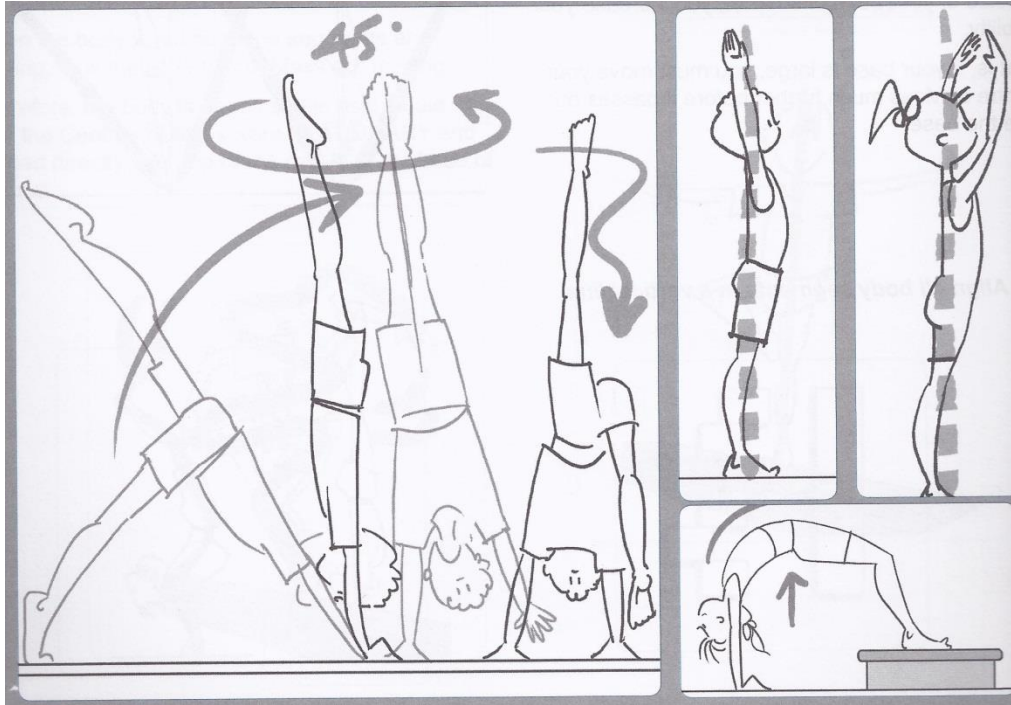


❖ Centro de Massa permanece dentro da Base

**Centro de Massa sempre permanece
dentro da base de apoio.**

Para aumentar a estabilidade, abaixar o CM,
manter o corpo rígido, ampliar a BA

Posições estacionárias



Equilíbrios
Apoios
Suspensões

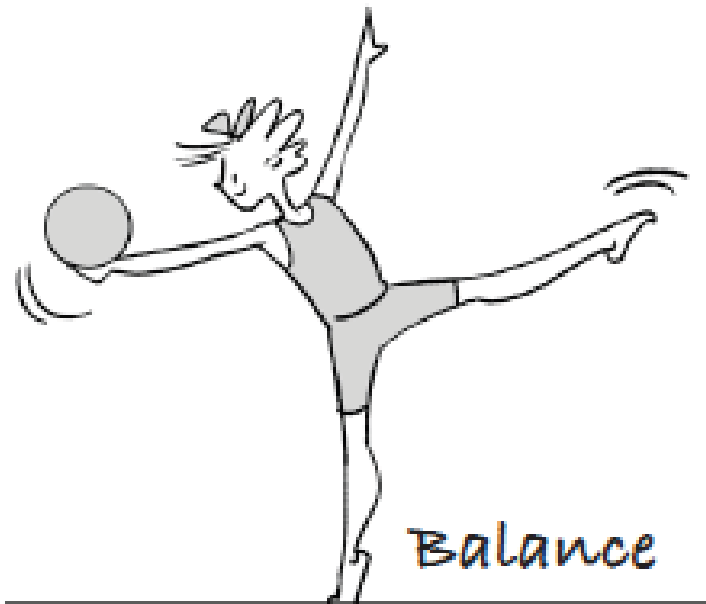
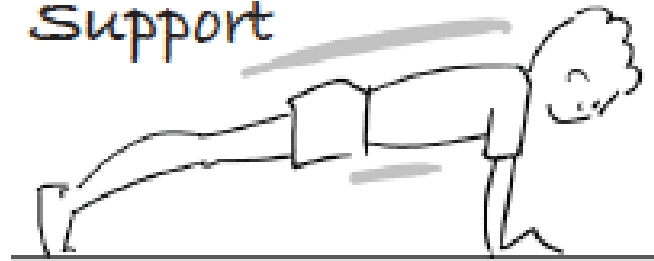
Equipamentos
Partes do corpo
Configurações

STATIONARY POSITIONS - 3 CATEGORIES

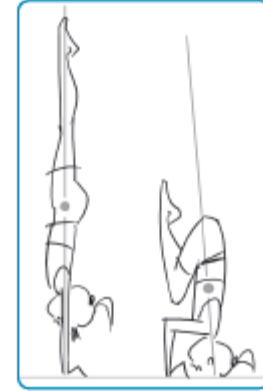
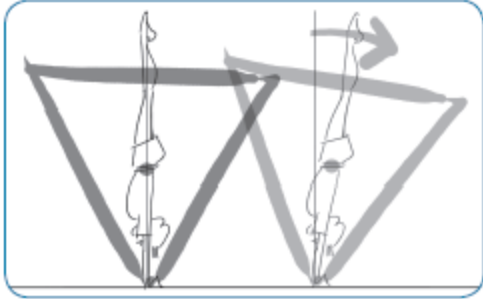
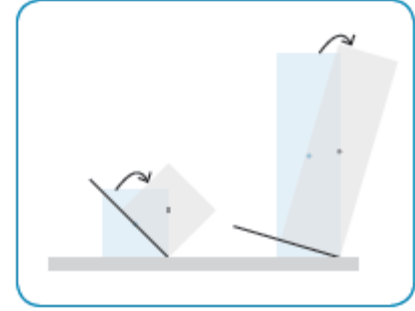


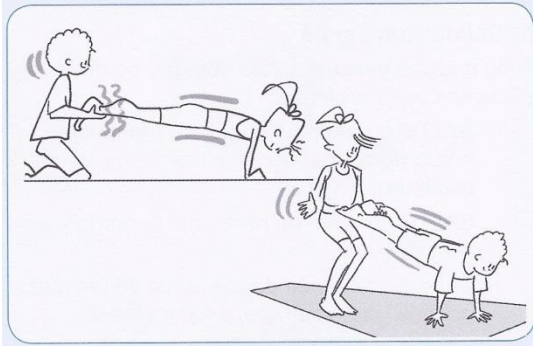
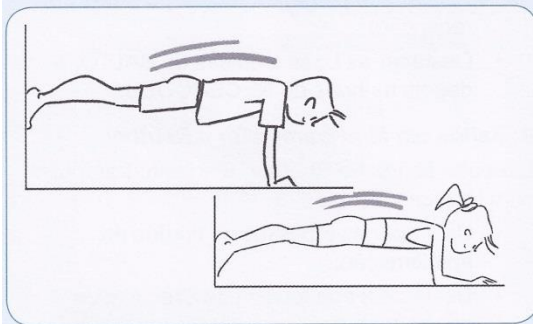
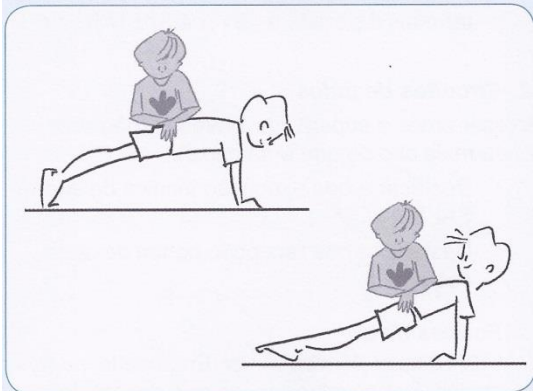
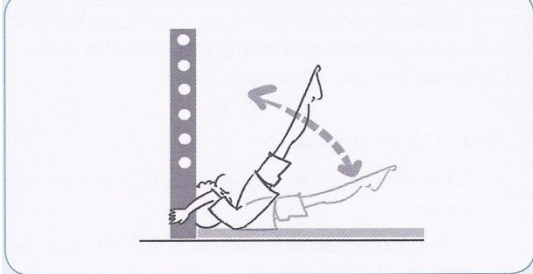
Hang

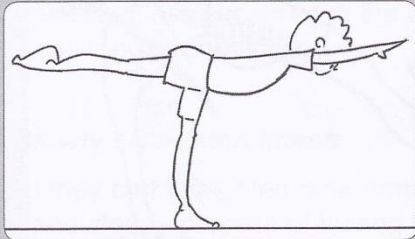
Support



Balance



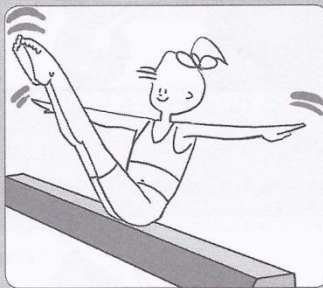
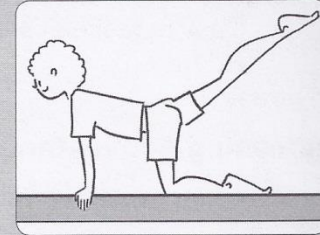




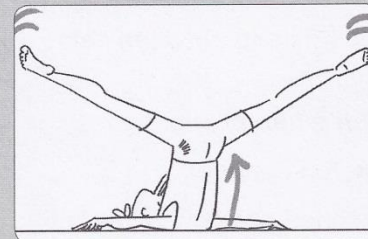
1. Balancing on the Feet



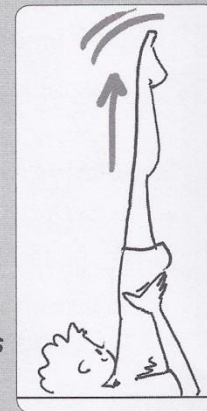
2. Balancing on the Knees

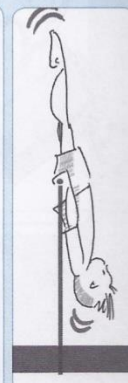
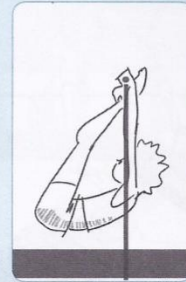
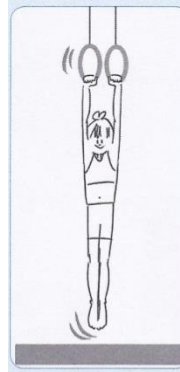
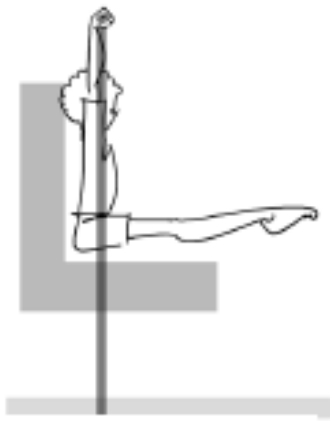


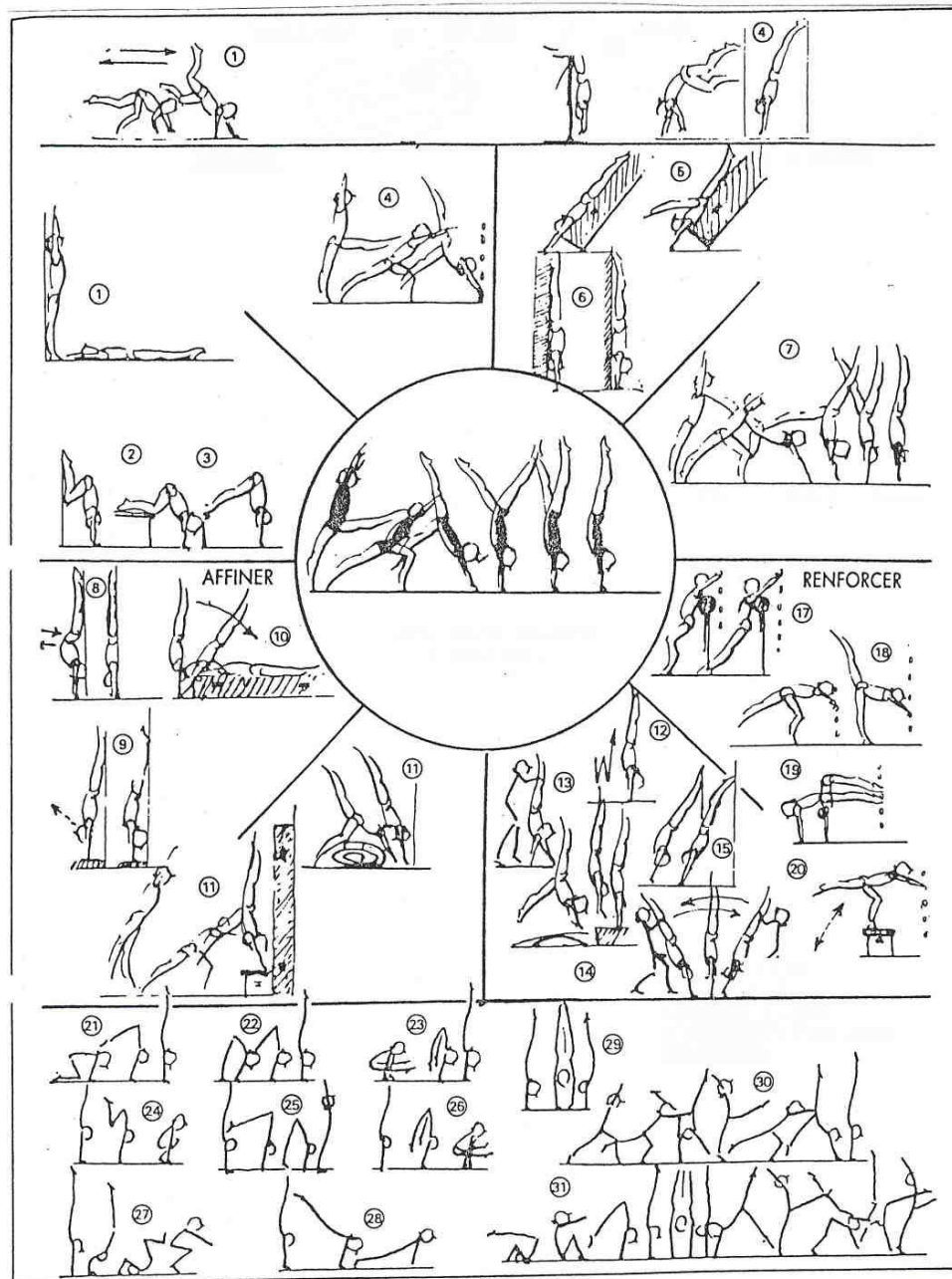
3. Balancing on the Seat



4. Balancing on the Shoulders







Trave de equilibrio

<https://www.youtube.com/watch?v=X8yAM6Hecl8>

<https://www.youtube.com/watch?v=FTEYf1iiCeY>

<https://www.youtube.com/watch?v=42XF6cqF4c8>

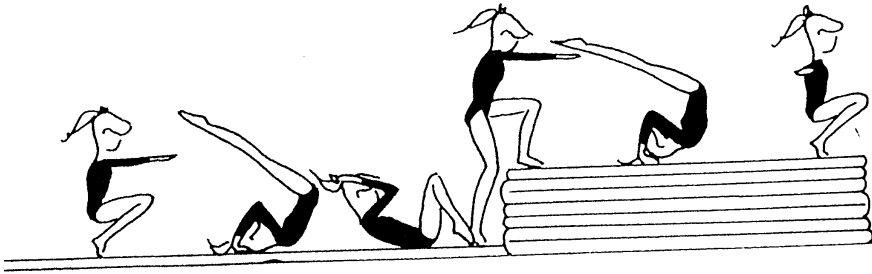
Rings

<https://www.youtube.com/watch?v=1neOPN1aKAo>

<https://www.youtube.com/watch?v=jk2Wxp0lfEw>

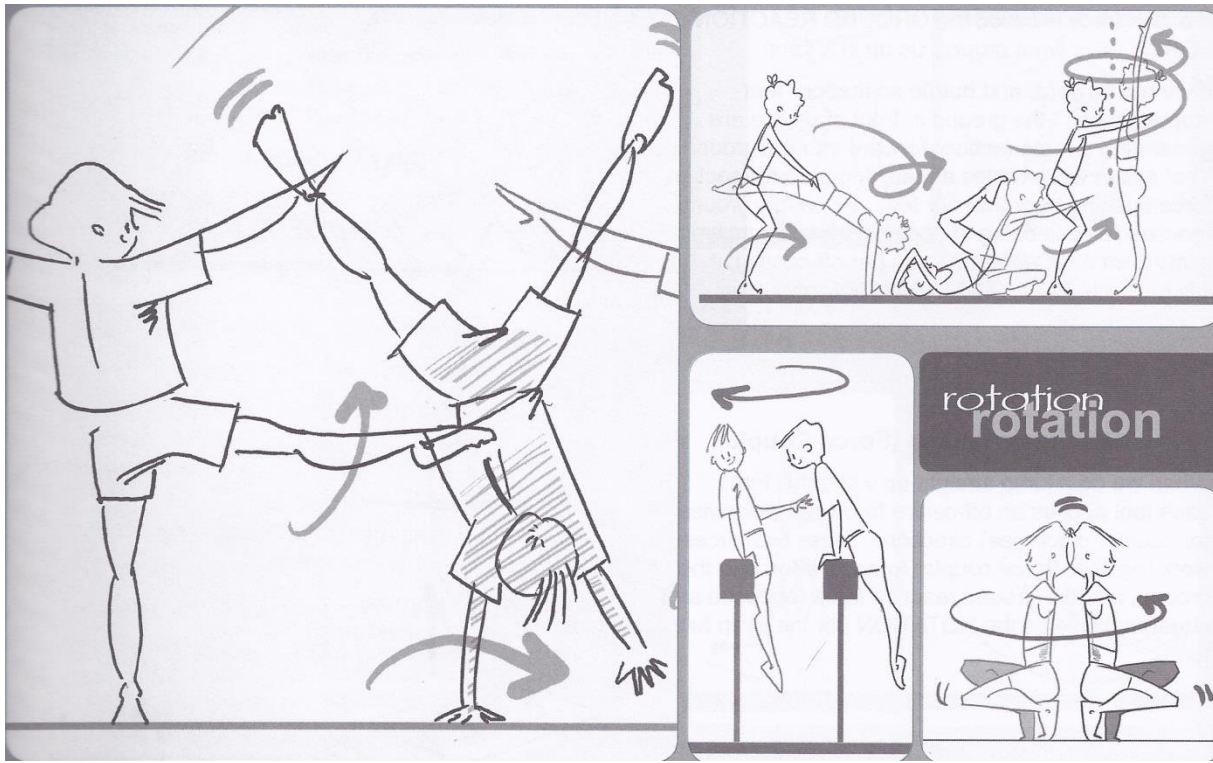
<https://www.youtube.com/watch?v=ewT0CH2by3E>

Rotações



❖ Corpo gira em torno do Centro de Massa (eixo interno)

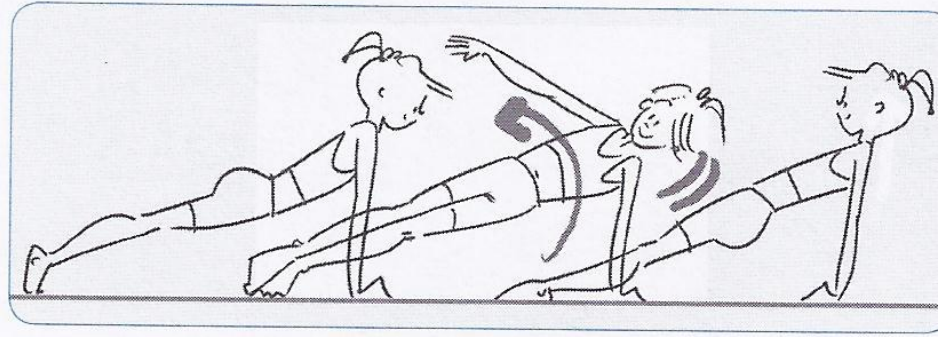
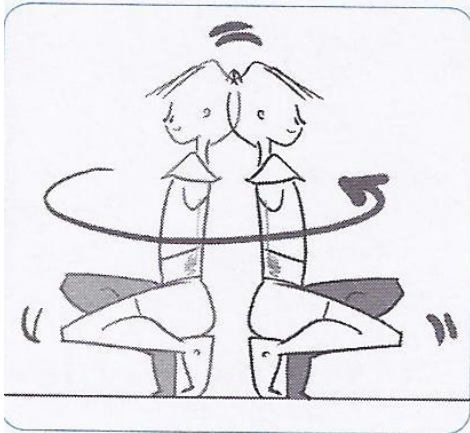
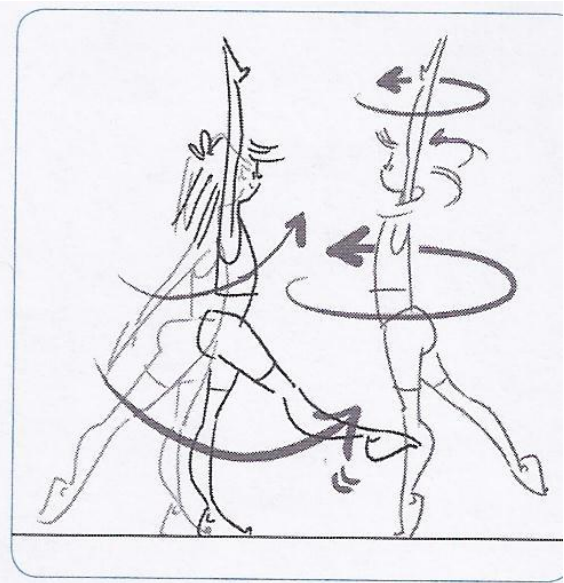
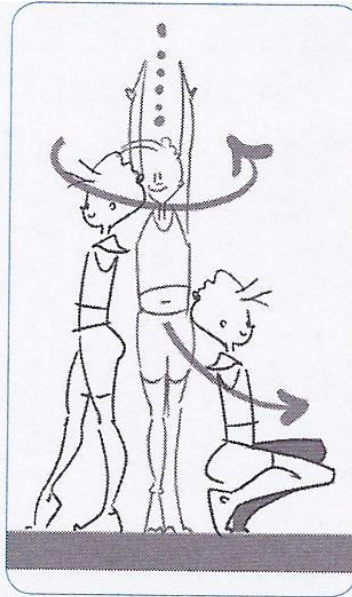
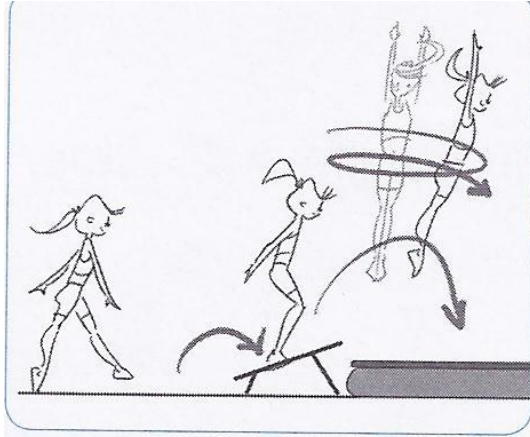
Gerar efeito de giro fora do centro
(ou forças duplas) e para alterar a rotação variar
A distribuição da massa corporal ao redor do eixo

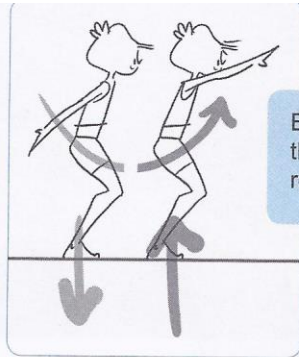


Rotações

Eixo longitudinal
Eixo transversal
Eixo ântero-posterior
Combinações

Posições inicial e final
Equipamento
Configurações

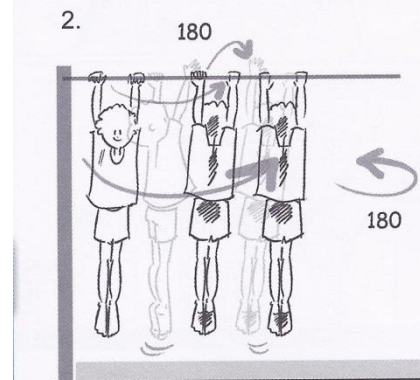
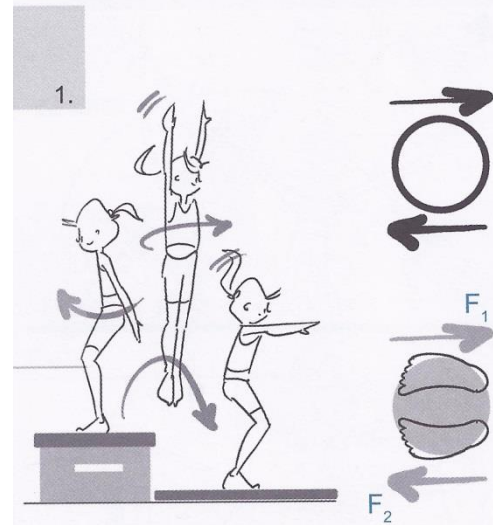
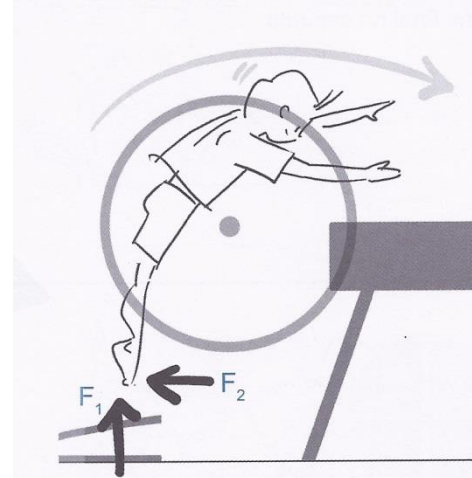
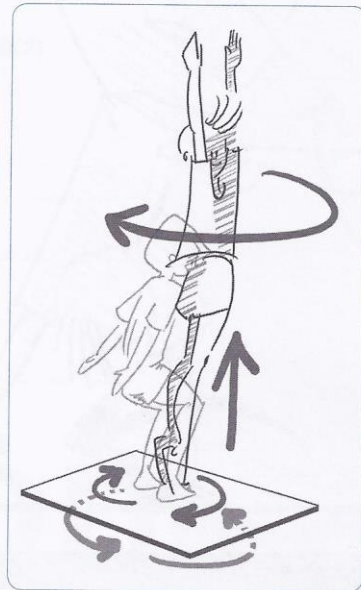


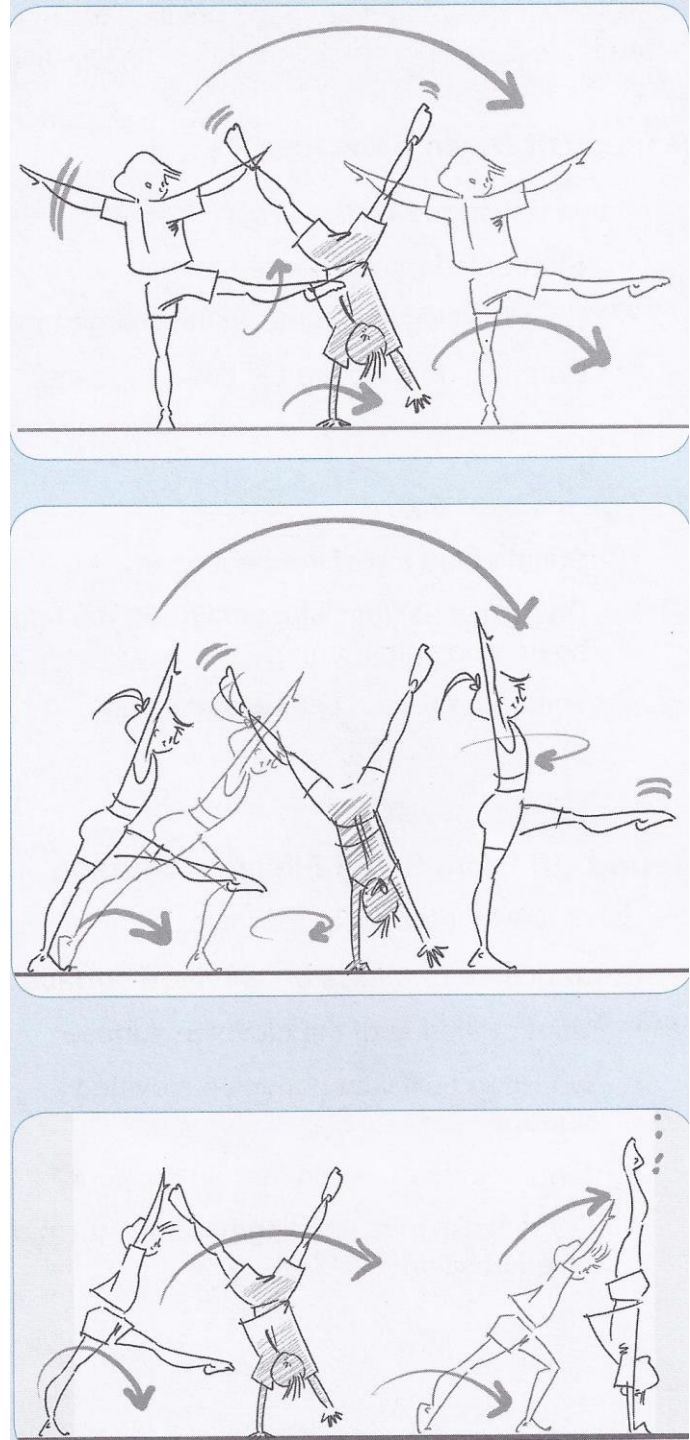
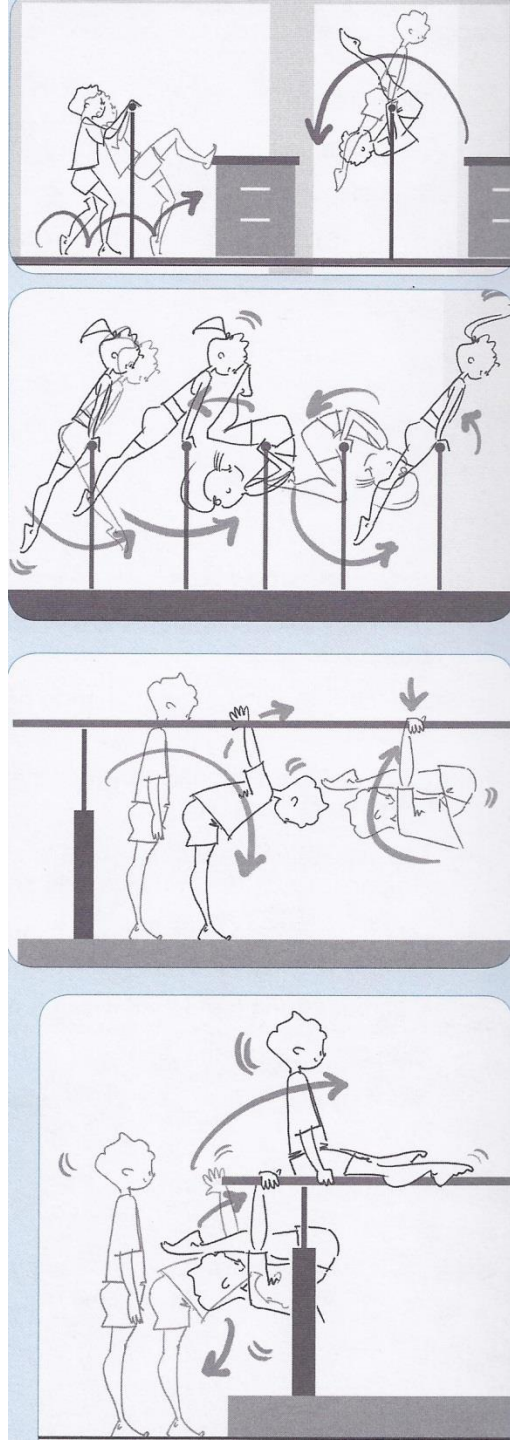
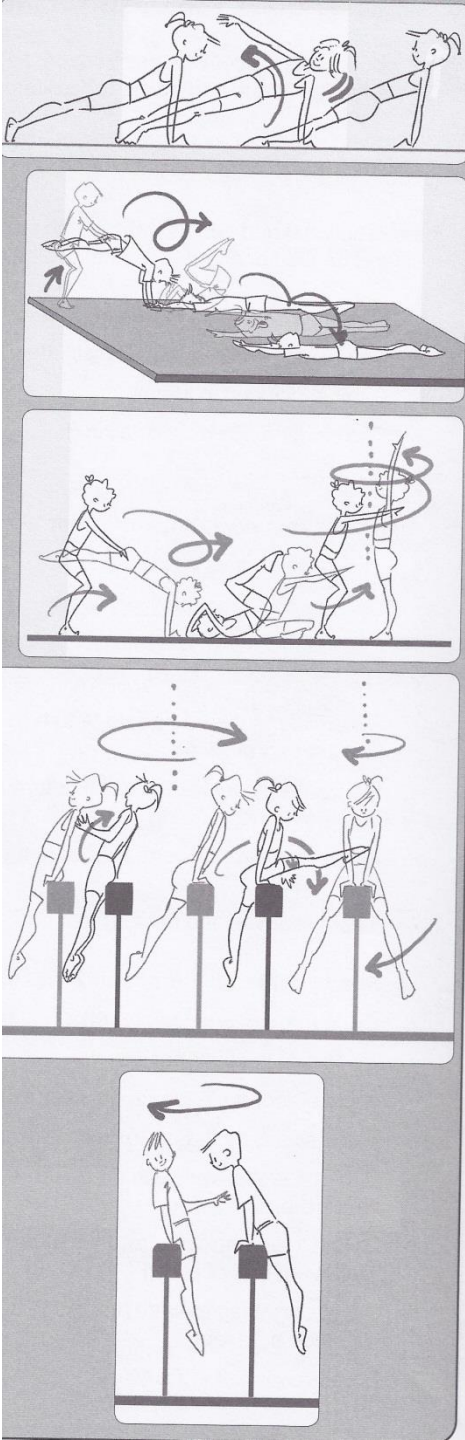


Equal and opposite forces propel the gymnast upwards without rotation



Equal and opposite forces cause the gymnast to rotate - momentum forward is converted into rotation





Solo

https://www.youtube.com/watch?v=Ya_L5FkSZhA

<https://www.youtube.com/watch?v=Tgl9DEYHBv0>

Flic flac

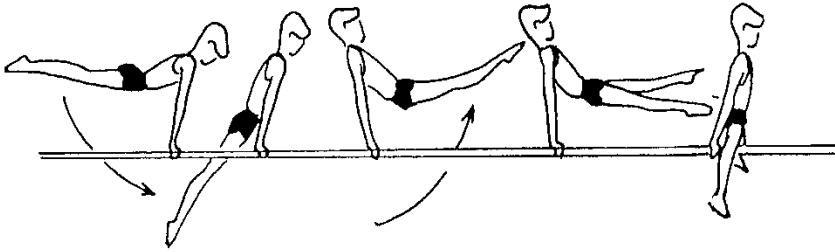
<https://www.youtube.com/watch?v=mAwUzFtU8VQ>

<https://www.youtube.com/watch?v=2-fyG04lbm4>

<https://www.youtube.com/watch?v=5-glxrangoWw>

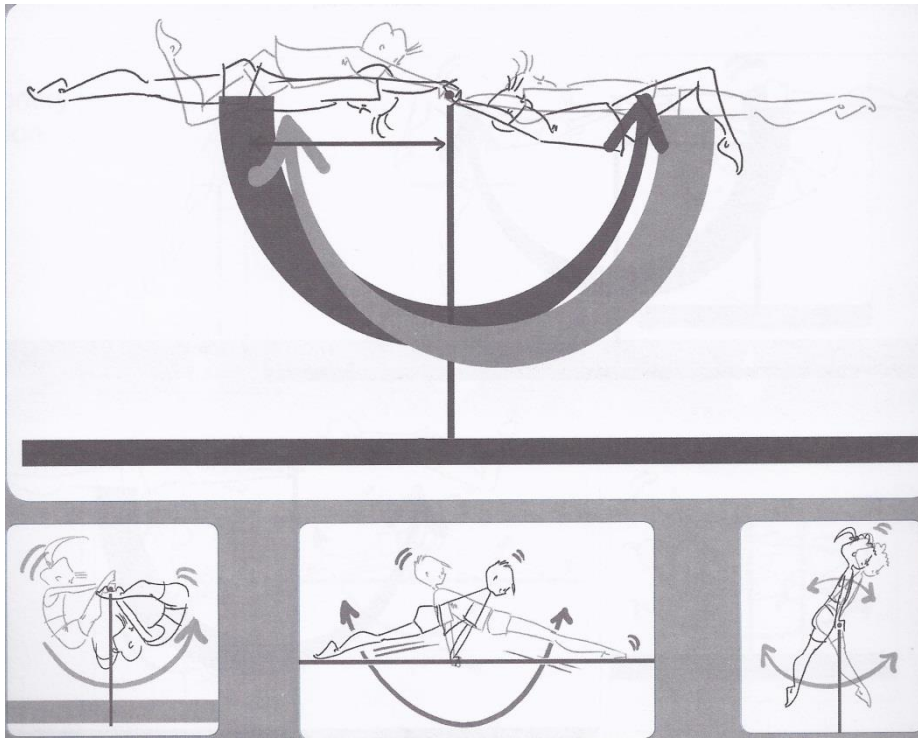
https://www.youtube.com/watch?v=T7-qgv_D538

Balanços



- ❖ Centro de Massa gira em torno de um eixo externo

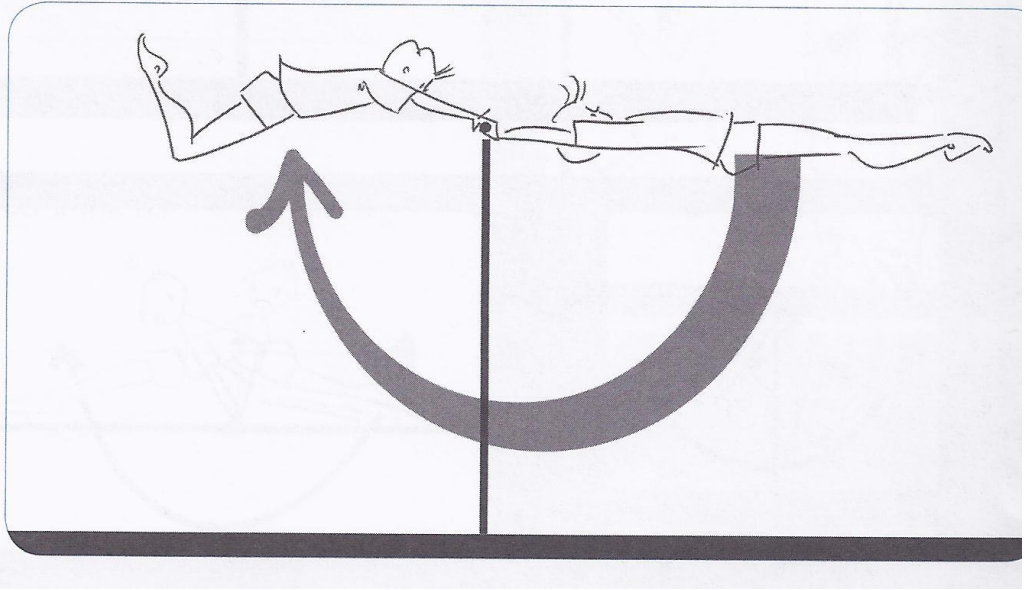
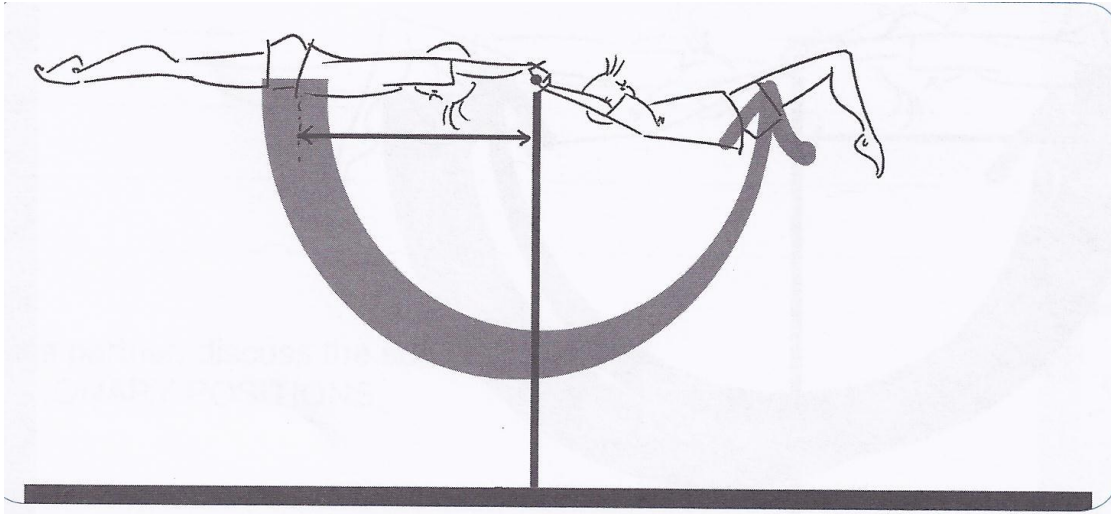
Mover o CM perto/longe do eixo na fase ascendente/descendente

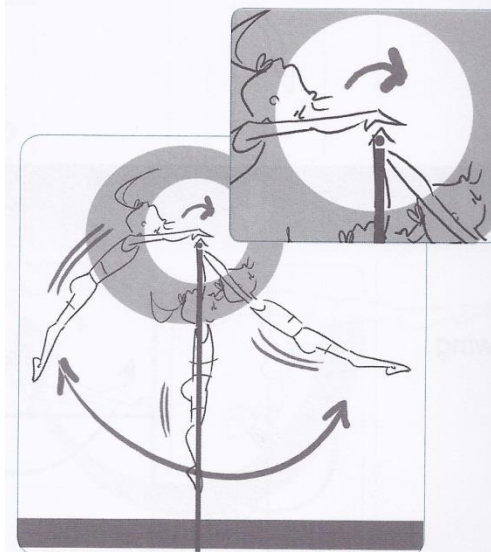
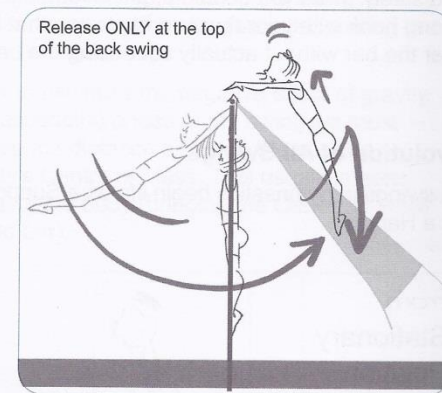
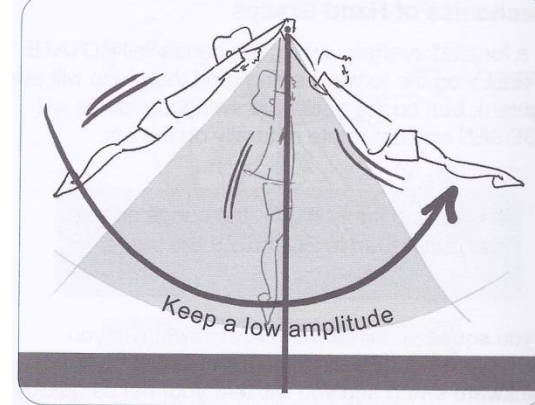
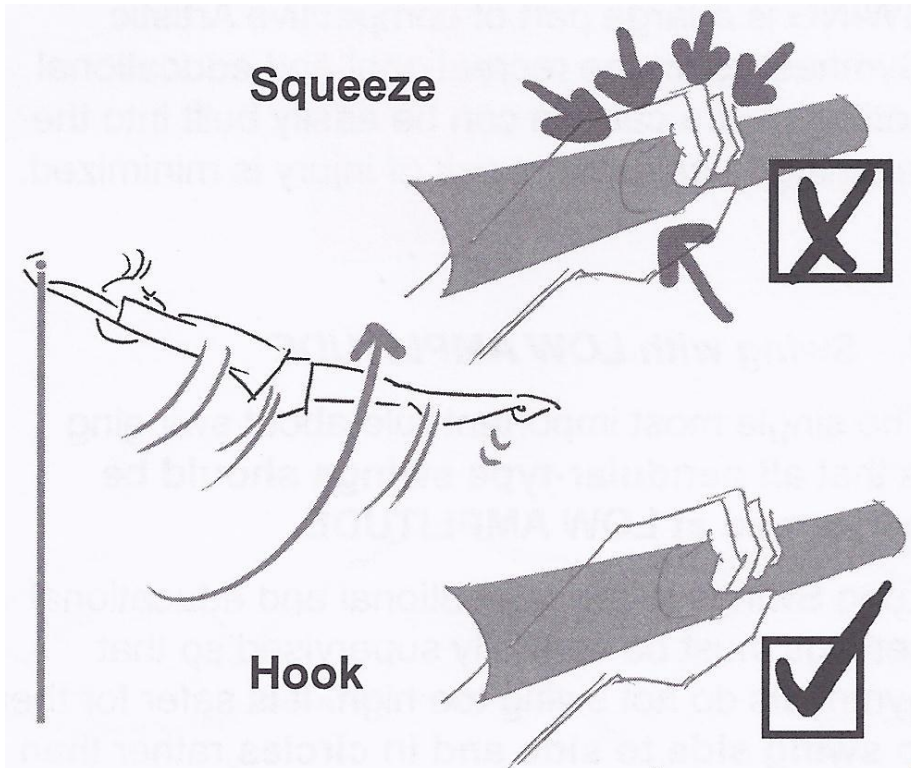


Balanços

Suspensão
Apoio
Combinações

Empunhaduras
Posição das partes do corpo
Configurações
Equipamentos
Altura
Partes do corpo para apoio
Amplitude



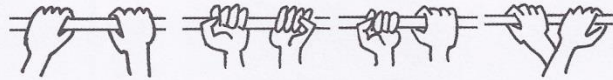


por cima

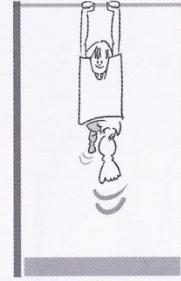
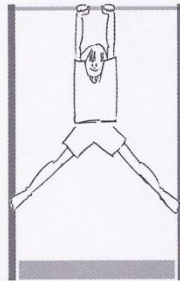
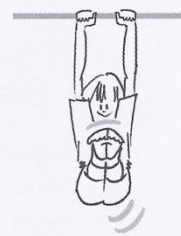
por baixo

mista

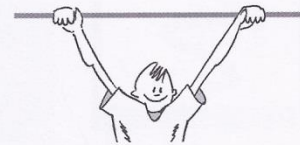
cruzada



variações das mãos



variação de pernas

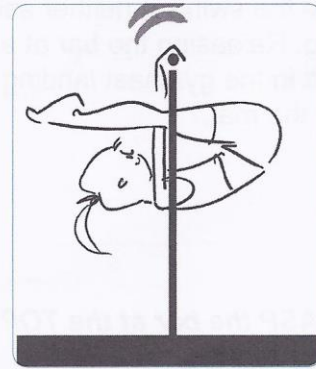
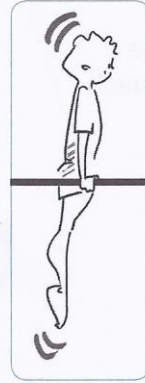
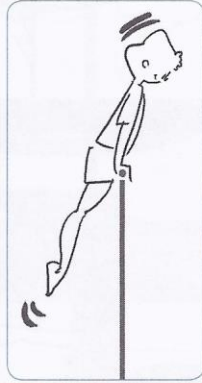


Braços fletidos

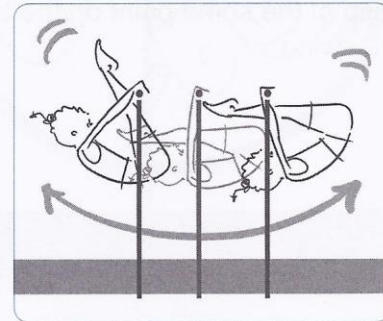
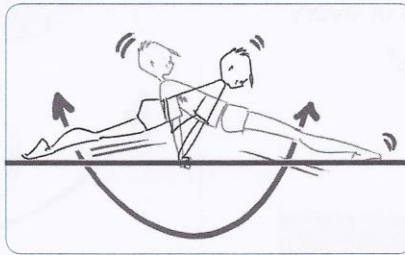


variação de braços

from
Stationary
Position



to
Swing



Barra fixa

<https://www.youtube.com/watch?v=l0TM2sOnvyl>

<https://www.youtube.com/watch?v=wFThHAFrJSU>

<https://www.youtube.com/watch?v=y4J8aoQdxX4>

https://www.youtube.com/watch?v=nktKwL_1o-k

Cavalo com alças

<https://www.youtube.com/watch?v=LtDst66o65U>

<https://www.youtube.com/watch?v=Le6fNx5IWRI>

Paralelas

https://www.youtube.com/watch?v=_lopPrO9LXc

Rings

https://www.youtube.com/watch?v=7Fuao_2XeZ4

<https://www.youtube.com/watch?v=1neOPN1aKAo>

<https://www.youtube.com/watch?v=jk2Wxp0lfEw>

<https://www.youtube.com/watch?v=ewT0CH2by3E>

Paralelas assimétricas

https://www.youtube.com/watch?v=MDliHSA_Y1c

Quiz

Qual o aparelho em que podemos executar todos os fundamentos?

TAREFA

Existe uma ordem cronológica para o ensino dos Fundamentos? Explique.

GINÁSIO

Dia 17/03 – Ginásio

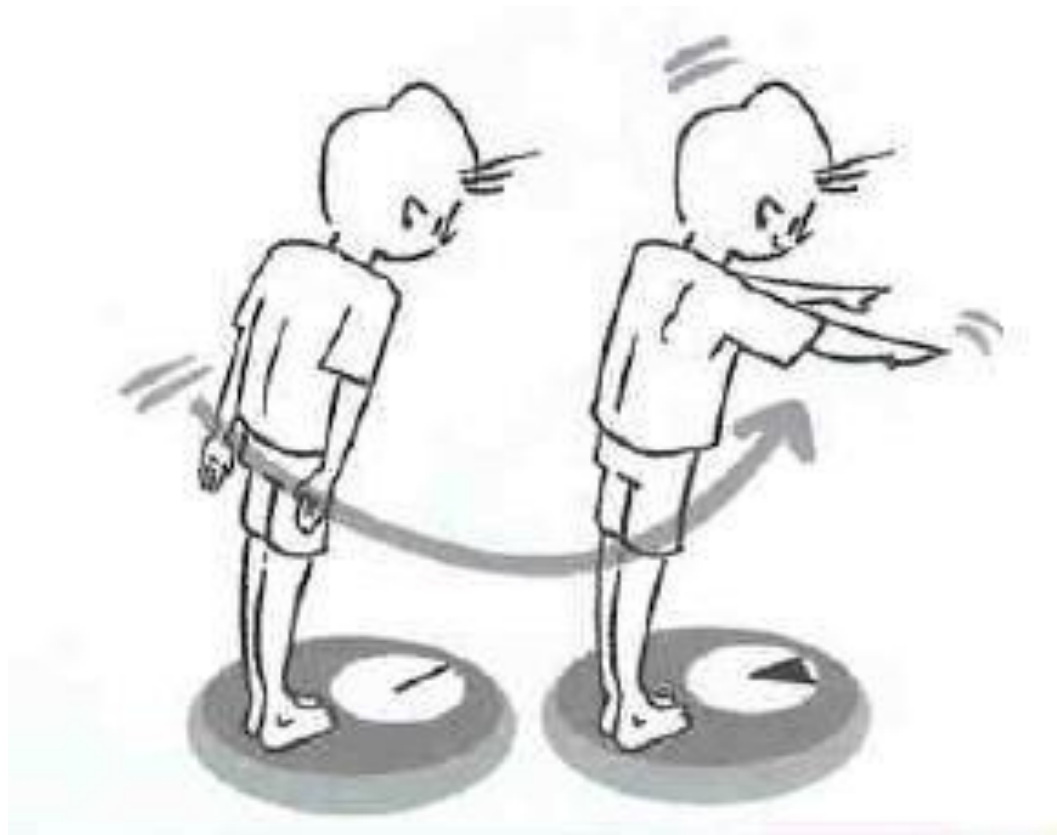
Conhecer as ginastas

Observar e identificar aparelhos oficiais e auxiliares

Observar e identificar: Fundamentos

Observar e analisar: Mecânica dos Fundamentos

TAREFA



The short answer is: Limbs that are **in contact** with the ground (or apparatus) exert a “**direct**” ACTION that results in an equal and opposite REACTION force ...(Newton’s 3rd Law)

But, the limbs that are **NOT in contact** with earth (or apparatus) also can do ACTIONS, that will have REACTIONS. These reactions are what I call **indirect** because they are not directly in contact.

When standing, **Arms up** (ACTION) = body moving downward (opposite, equal REACTION). This force can be seen if you stand on the weight scale. Thus, the downward force is indirectly the result of arms moving upwards. THAT downward force is added to the legs ACTION of legs pushing directly downward and you have a REACTION force made up of the leg push (direct) AND the arms raising (indirect)

Mecânica do Salto

A técnica apropriada do Salto depende de três condições mecânicas:

**Músculos potentes
que impulsionam o
salto**

- **Potência: força e velocidade**
- **Desenvolver força e velocidade dos músculos envolvidos**

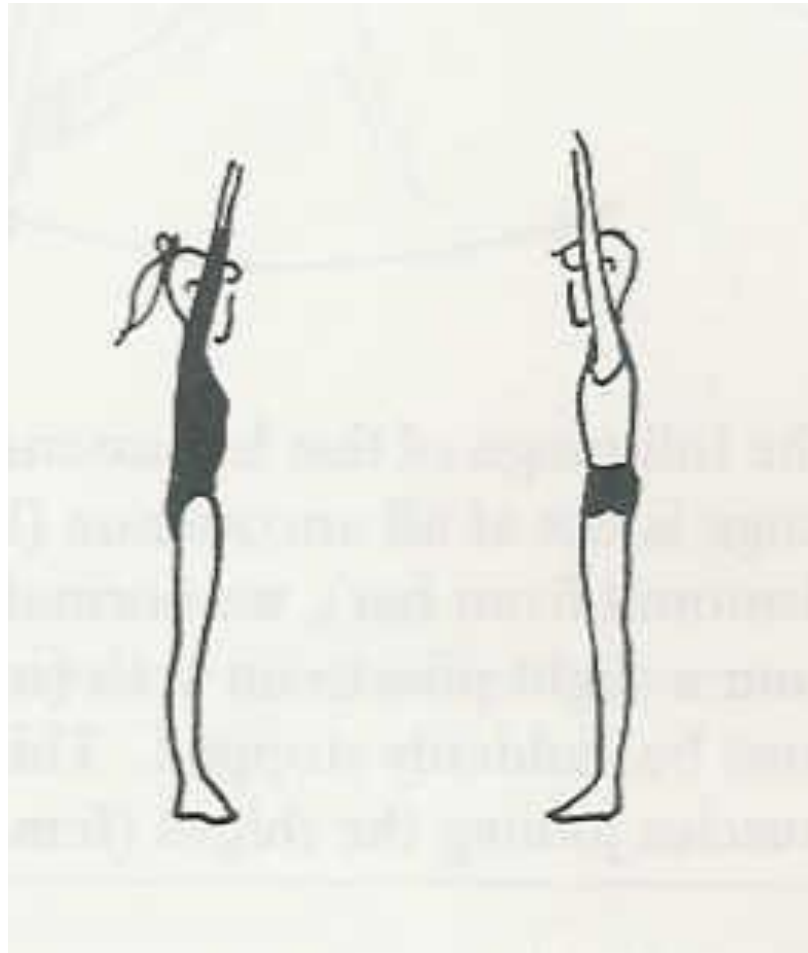
Corpo rígido

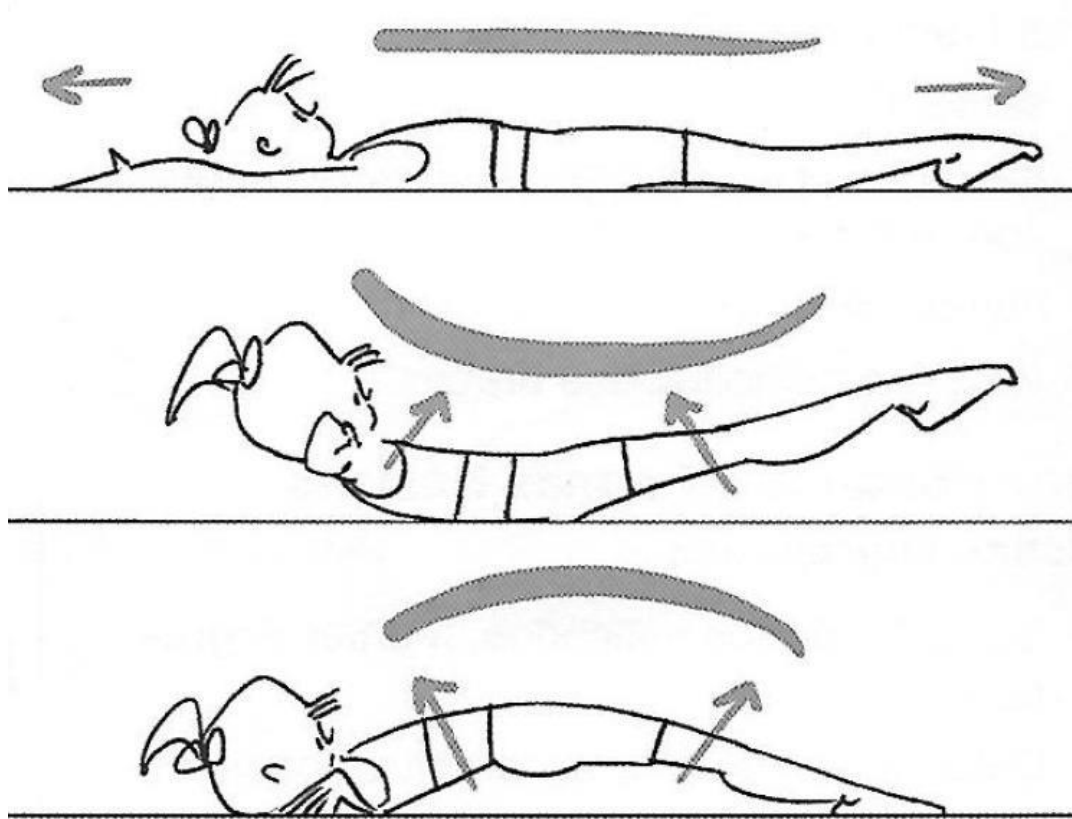
- **A força gerada é utilizada para impulsionar o corpo**
- **Sem corpo rígido, a força é absorvida pelo corpo**

**Membros não
impulsionadores para
aumentar a força**

- **Membros que não estão em contato direto, auxiliam indiretamente na força**

Postura e Alinhamento corporal





(single ladies CORE) <https://www.youtube.com/watch?v=QILIE9v4a-I>

(abs & core) <https://www.youtube.com/watch?v=szKrE4TnltM>

<https://www.usagym.org/pages/home/publications/technique/1996/8/strength.pdf>

Duplo Twist Carpado

<https://vodeocatalog.com/ru/video/ex0Suj4w-x8>

<http://demotu.org/o-salto-duplo-twist-carpado-por-daiane-do-santos/>

GA segundo Arthur Nory

<https://www.youtube.com/watch?v=W3uBUhXsCGY>

<https://www.youtube.com/watch?v=hioLPIPtjeg>

MADE IN USA

https://www.youtube.com/watch?v=x_zqx-YHAbU

Fazer pesquisa sobre competição, regras e avaliação na GA:

Busca em material bibliográfico; sites oficiais da Confederação Brasileira de Ginástica e Federação Internacional de Ginástica; entrevista com profissionais e atletas; etc.

Pontos a pesquisar (em competições oficiais, Jogos Olímpicos):

- Tipos de competições
- Formação das equipes
- Critérios de classificação para as finais
- Provas masculinas e femininas
- Sequencia/Rodízio de apresentação nos aparelhos Masc e Fem
- Processo de premiação
- Formação da Banca de Arbitragem
- Regras gerais e critérios de avaliação (escolher um aparelho M e F)
- Composição e cálculo da nota final
- Número máximo de medalhas por atleta Masc e Fem