

# PHYSICAL ABILITY TESTING PROGRAM

for

# **Men's Artistic Gymnastics**

AVENUE DE LA GARE 12A, CASE POSTALE 630, 1001 LAUSANNE, SWITZERLAND TÉL. (+41) 21 321 55 10 – FAX (+41) 21 321 55 19 www.gymnastics.sport – info@fig-gymnastics.org

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### **Purpose of the Physical Ability Development and Testing Program (PAT)** – (*Physical ability testing*)

- The PAT shows what the demands are for the development of the flexibility and power skills.
- The selection of test exercises is based on experiences over many years and is an extract from training programs for the development of the physical ability prerequisites for performance.
- The test exercises for flexibility are focused of the level of development of the passive and active flexibility of the hips and shoulders.
- The test exercise of the power skills are based on the determination of the level of development of the explosive power, the special power endurance, and the level at static and dynamic components of exercises.
- Current knowledge about the level of education in many countries shows that the development of the performance prerequisites of <u>flexibility</u> and <u>power</u> should have more attention.
- Based on their capability, gymnasts have the possibility to obtain a score of 1.0 to 10.0 points per test exercise. Such control procedures offer the possibility to compare one's personal score with the best score for each test component.

### **Effective Physical Ability Training**

Coaches are reminded to review the basic principles of tissue adaptation for strength, flexibility, power and endurance training as presented in the FIG Academy Programs. All tissues (muscle, tendon, ligament, bone, cartilage, skin) and body systems adapt to an imposed stress during the rest or recovery period. Gymnasts must be prepared gradually over several years to be able to safely sustain and generate the forces required in gymnastics.

Strength Training Guidelines & Order of Training	Strength Training Principles (for all tissues)	Sequencing Strength & Power Training
Train for safety – landings, core, proprioception	Specificity	Muscular Endurance
Large muscle groups first	Progressive Overload	Speed with low force
Muscle Balance	Recovery	Muscle hypertrophy
Skill specific patterns	Reversibility	Specific strength
Maximum force and speed (power)	Individualization	Power – strength with low speed
	Variation	Power – maximum force and speed
	Diminishing Returns	

Physical Ability	Name:	
<b>Test Results</b>	City:	
Date:	.Bd.:	Club:

## Flexibility

	Exercise	Achieved	Points
1	Fwd splits		
2	Side splits		
3	Leg lift fwd		
4	Leg lift swd		
5	Bridge		
6	Trunk bend		
7	Trunk bend sit		
8	Shoulder		
	Total Flex	ibility	
	Total Flex	ibility	
	Total Stre	ngth	
	Total		

Rank

### Strength

	Exercise	Achieved	Points	
1	Long jump			
2	Rope climb	_		
3	Sprint			
4	Circles			
5	Ring hdst			
6	Leg lifts			
7	V-sit			
8	Planche			
9	Press hdst			
10	Ring pull up			
11	Hdst press			
	Total Strength			
Signature:				

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#### Physical Ability Testing Program (men)





#### 9. Press to handstand on Parallel Bars



10. Pull to support (Muscle-up) on Rings and press handstand



#### 11. Dips and Handstand push-ups on Parallel Bars

