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جامعة سوهاج كلية التربية الرياضية

**أنشطـــة وتطبيقــــــات**

**في**

الجـــمبــــاز

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| --- | --- |
| **الاســــم** |  |
| **الشعبة** |  |
| **الدرجـــة** |  |

**1- تكلم عن تاريخ الجمباز؟**

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2- تكلم عن اهمية الجمباز مع ذكر تعريفه؟

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**3- اذكر اهداف الجمباز**؟

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**4-اذكر انواع الجمباز مع شرح احداها بالتفصيل ؟**

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**5- تكلم عن انواع البطولات في الجمباز**؟

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6**-تكلم عن مصطلحات الجمباز ؟**

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7**-ماهي اهمية المصطلحات ؟**

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8-تكلم عن مواصفات لاعب الجمباز؟

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9-عرف الأنتقاء مع ذكر انواعه وشرح احداها بالتفصيل؟

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10-تكلم بإيجاز عن مقاييس الأجهزة في الجمباز؟

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11-اذكر خصائص مهنة الجمباز؟

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