

## UNIVERSITY FIRST YEAR GYMNASTICS CLASS

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### ABSTRACT

Gymnastics, just like other regular exercises has a number of important effects on the mental, social and physical conditions of the individual. Gymnastics has been noted on its improvement of flexibility and upper body strength.

The purpose of the study was to evaluate the effect of a 5-week gymnastics program on the first year gymnastics class on their BMI, Arm and Back strength as well as agility. The study used a pretest posttest method where the 18 subjects (15 male, 3 ladies) were treated to the normal university gymnastics lessons. Measurements were done for a second time after 5 weeks gymnastics exercises.

Results were that, Arm strength decreased by -0.53 for the left and -0.10 for the right. Back muscular strength increased by +12.49kg while Agility rose by +1.0 BMI dropped by -1.57kg/m<sup>3</sup>.

Conclusions showed that gymnastics program had a positive effect on Agility, Back muscular strength as well as BMI. However, Arm muscular strength dropped.

**Key words: Muscular Strength, Agility, BMI, and Gymnastics.**