



Leaping ability in Rhythmic Gymnastics:: Characteristics and improving methodologies

Alessandra di Cagno

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Rhythmic gymnastics is an Olympic sport in which harmony, elegance, perfection and emotion characterize the execution of technical and choreographic elements, performed with the music. In the last decade Rhythmic Gymnastics grew in popularity and the competition programs became more difficult than in the past, especially for the body movement elements. Jumps and leaps are one of the four compulsory body movement groups and Rhythmic gymnastics can be categorized such as high leap demanding sport. Leaping ability can be considered one of the most important indicators for talent identification. In this study the most important abilities were investigated for the achievement of excellence in jumps and leaps. After the new entry of male gender in rhythmic gymnastics competitions, anatomical and physical characteristics to select men athletes in Rhythmic Gymnastics were researched . The Rhythmic Gymnastics coaches could use this information about jumping practices to enhance their gymnast performances.

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