



西安体育学院学报

2005年 第6期

运动训练与竞赛

文章编号: 1001-747x (2005) 06-0097-03 文献标识码: A 中图分类号: G832.19

竞技体操、健美操、艺术体操制胜因素的研究

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摘要: 采用文献资料法、归纳法、分析对比法, 通过对2001-2004国际竞技体操、艺术体操、健美操规则的研究, 阐述了体操难美项群的共同特征, 指出“难”与“美”仍然是体操难美项群制胜的重要因素, 成套动作的艺术性编排、艺术价值是取胜的关键; 动作的创新是推动难美项群发展的动力。

关键词: 竞技体操; 健美操; 艺术体操; 因素; 研究

Research on Factors to Win in Competitive, Aerobic and Artistic Gymnastics

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Abstract: By Using The Methods Of Documentation, Induction, Analysis And Comparison, And The Research To The International Competitive And Aerobic Gymnastics Ranged From 2001 To 2004, This Article Describe The Common Characters Among The Difficult-Artistic Specific Groups. It Pointed Out That The ! Difficulties! Are The Essential Factors To Win In Matches Of These Specific Groups. And Its Artistic Editions And Values Of The Whole Programs Are The Keys To Win In The Match. Also The Creations Of Activities Are The Motivations To Develop Those Specific Groups To Improve Its Difficulties And Gain Its Artistic Effects.

Key Words: Competitive Gymnastics; Aerobic Gymnastics; Artistic Gymnastics; Factors; Research

[\(文章全文 PDF\)](#)

收稿日期: 2005-04-10 修回日期: 2005年

基金项目:

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