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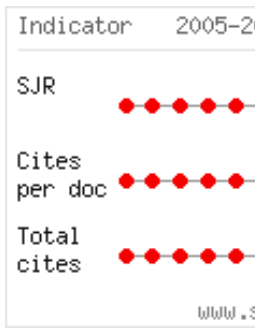
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An experimental study
on Aerobic Gymnastic:
performance analysis
as an effective
evaluation for
technique and teaching
of motor gestures

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Abstract

Aerobic Gymnastic is the ability to perform complex movements produced by the traditional aerobic exercises, in a continuous manner, with high intensity, perfectly integrated with soundtracks. This sport is performed in an aerobic/anaerobic lactacid condition and expects the execution of complex movements produced by the traditional aerobic exercises integrated with difficulty elements performed with a high technical level. An inaccuracy about this sport is related to the name itself " aerobic" because Aerobic Gymnastic does not use just the aerobic work during the competition, due to the fact that the exercises last among 1' 30"

and 1' 45" at high rhythm.

Agonistic Aerobics exploit the basic movements of amateur Aerobics and its coordination schemes, even though the agonistic Aerobics is so much intense than the amateur Aerobics to need a completely different mix of energetic mechanisms. Due to the complexity and the speed with which you perform the technical elements of Aerobic Gymnastic, the introduction of video analysis is essential for a qualitative and quantitative evaluation of athletes' performance during the training. The performance analysis can allow the accurate analysis and explanation of the evolution and dynamics of a historical phenomenon and motor sports. The notational analysis is used by technicians to have an objective analysis of

performance. Tactics, technique
and individual movements can be
analyzed to help coaches and
athletes to re-evaluate their