

Ashley Suarez

FITNESS
TIMELINE

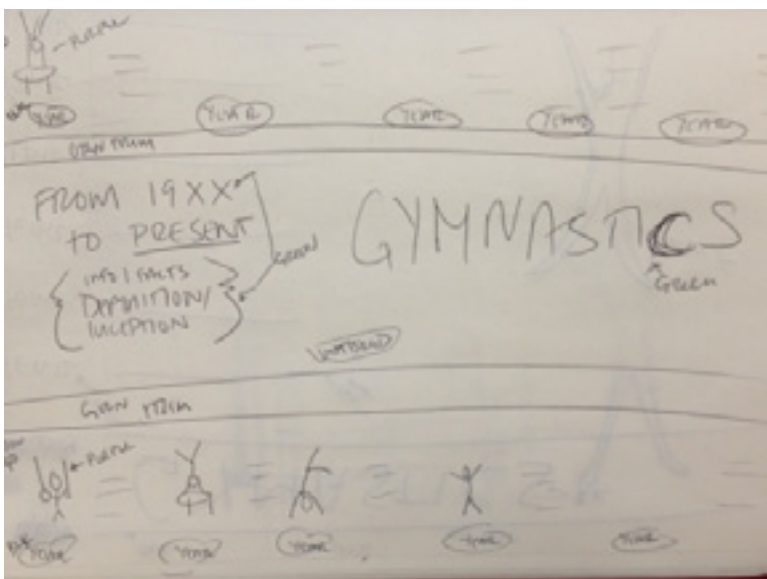
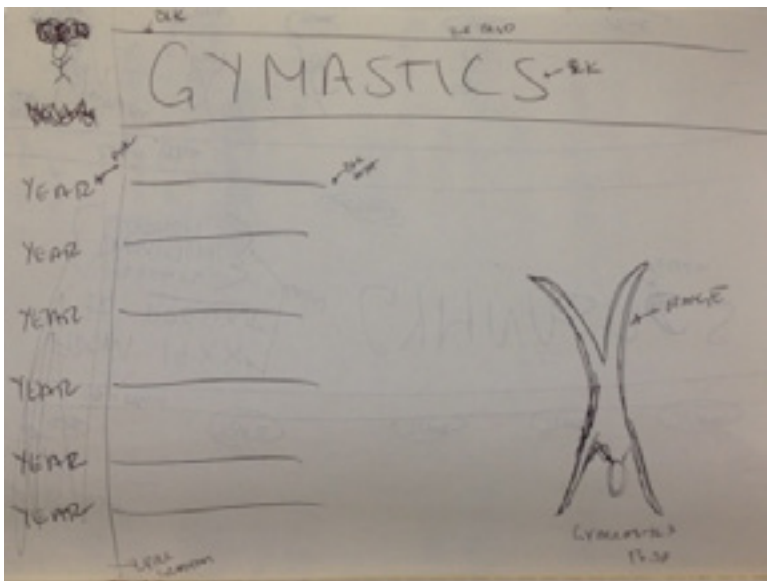
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[http://d4suarezash.](http://d4suarezash.wordpress.com)

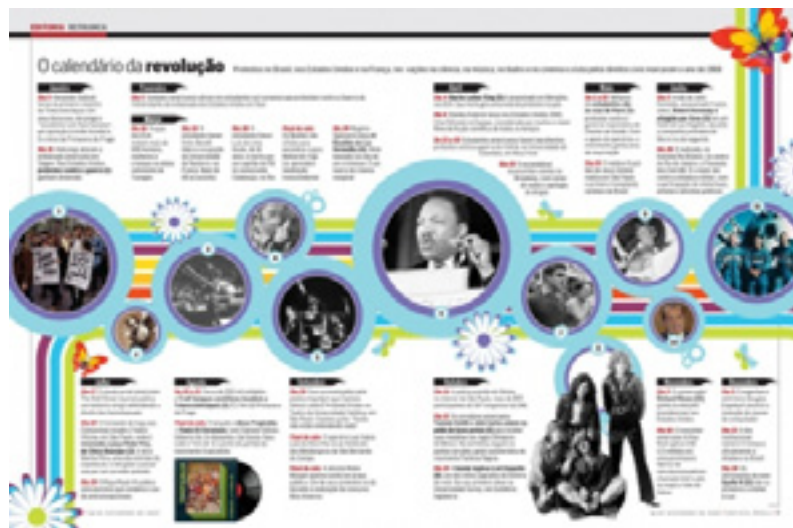
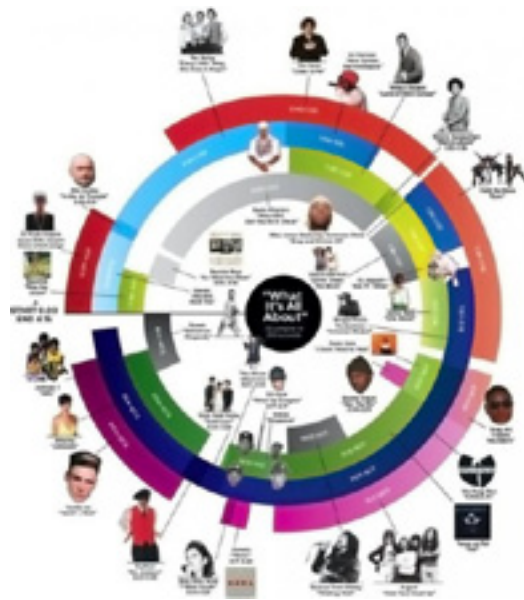
wordpress.com

mark haven britt

design 4 spring 2012



Timelines I like



Text Rough Draft

GYMNASTICS TIMELINE

- 7,000 years ago Egyptian acrobats entertained with vaulting
- 2,600 BC Chinese had practiced mass activities that resembled modern gymnastics called "Wushu".
- Ancient Greeks began performing gymnastics naked
- 1793 Guts Muths aka "Grandfather of Gymnastics" writes *Gymnastics for Youth*
- 1804 The Prince of Denmark creates the Military Gymnastic Institute
- 1830 Gymnastics introduced to USA schools by Charles Beck, Charles Follen, and Francis Lieber
- July 23, 1881 European Gymnastics Federation (FIG) founded in Liège, France
- 1896 First Major gymnastics competition held the Olympics in Athens, Greece. Five countries represented.
- 1990 Johann Friedrich & Ludwig Jahn designed the parallel bar.
- 1903 First World Championship held in Antwerp, Belgium
- 1912 Parallel bars and Pommel Horse make an appearance at the Olympic games
- April 7, 1921 International Gymnastics Federation (FIG) established
- 1928 First women's gymnastic team debuts at the Olympics in Amsterdam
- 1932 High Bar introduced to Olympic games
- 1936 First women's US gymnastics team competes at the Olympics in Berlin, Germany
- 1962 Rhythmic gymnastics recognized as a sport by the (FIG) International Gymnastics Federation
- 1963 First Rhythmic World Championship took place in Budapest, Hungary
- 1970 United States Gymnastics Federation came into existence
- 1973 US joins sport of rhythmic gymnastics during the Rhythmic World Championships
- 1976 Romanian Nadia Comaneci is the first competitor to receive a (10.0) perfect score at the Montreal Olympics
- 1984 Rhythmic individual all-around competition introduced at the Olympic games in Los Angeles, California.
- 1984 US men's team wins Gold
- 2000 Trampoline added routine to the Olympic games in Sydney, Australia

7,000 BC

2,600 BC

2,000 BC

1793 AD

1804

1830

July 23, 1881

1897

1896

1900

1903

1962

1936

1932

1928

April 7, 1921

1912

1963

1970

1973

1976

1984

2000

3 Design Directions



Gymnastics			
7,000 BC Egyptian and Mesopotamian art societies	July 23, 1861 British Olympic Committee (IOC) founded in London, France	April 7, 1921 International Olympic Committee (IOC) established	1929 United States Olympic Committee established in Baltimore
2,800 BC Chinese acrobats and jugglers in the courtyard of their palaces called "Hsiao"	1896 First World gymnastics competition held in Athens at Panathenaic Stadium, Greece	1928 First women's gymnastics team entered the Olympic Games in Amsterdam	1925 All-around and uneven bars gymnastics included in the British Empire Games
2,000 BC Roman Circus rings and arenas gymnastics events	1892 Gymnastics became a compulsory subject in schools in Prussia	1936 First all-around women's Olympic games held in Berlin, Germany	1928 Netherlands' Hendrikus van der Meulen introduced the first compulsory all-around and uneven bars events in the National Olympic Games
1793 AD Jean Maitland's "The History of Gymnastics" was the first history of the sport	1900 Gymnastics was included in the program of the Exposition Universelle in Paris	1936 First women's Olympic games held in Berlin at the Olympiastadion, Germany	1934 Netherlands' Hendrikus van der Meulen introduced the first compulsory all-around and uneven bars events in the National Olympic Games
1804 The Rules of Swedish Gymnastics for Military Officers established	1903 First World Championships held in London, England	1952 Modern gymnastics designated as a sport for the 1952 International Olympic Committee	1936 All-around and uneven bars gymnastics included in the Olympic program in Berlin, Germany
1830 Gymnastics and exercises introduced by Charles Bell, Charles Bellis, and Charles Bellis	1812 Mendelssohn and Schumann established an organization for the Olympic games	1960 First Women's World Championships held in Prague, Czech Republic	2000 Twenty-two nations entered in the Olympic games in Sydney, Australia



GYMNASTICS: FROM 7,000 BC to 2000 AD

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From 7,000 BC to 2000 AD

strength, coordination,
agility, endurance,
balance, and endurance.

gymnastics

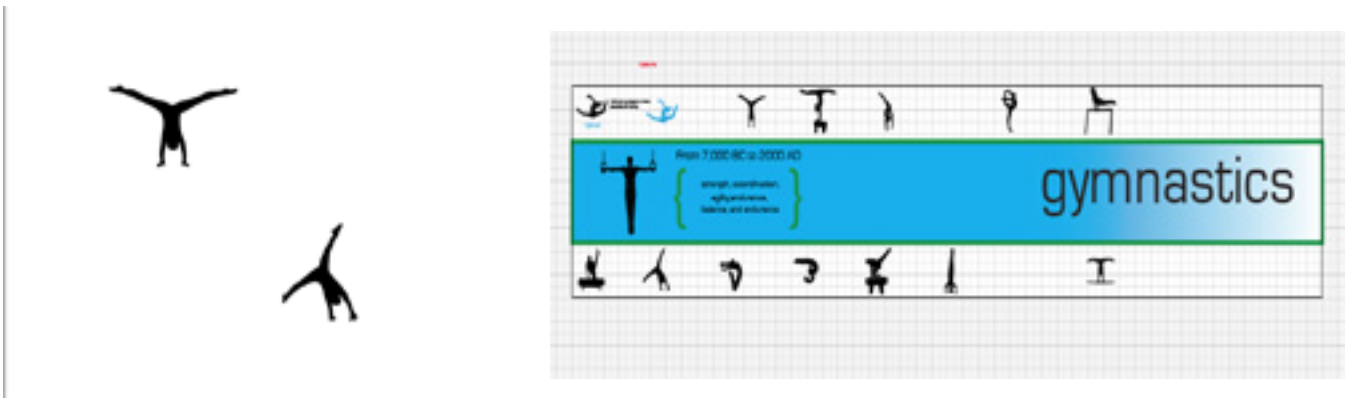
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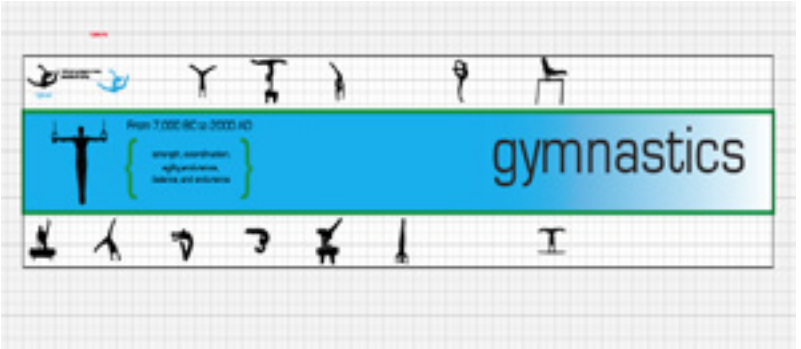
From 7,000 BC to 2000 AD

strength, coordination,
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gymnastics



Two gymnastics poses: a handstand and a split leap.



From 7,000 BC to 2000 AD

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