

## **Analytical vision for gymnastics wear in Egypt**

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### **Abstract:**

The word gymnastics is derived from the Greek *gymnos or gymnome* meaning “to exercise naked or semi-naked”. Male athletes used to exercise and compete unclothed or partly unclothed. Therefore, women were prohibited from attending their trainings or competitions. If we tracked the history of gymnastics, we would find that it dates back to the pre-historical ages. This can be verified by the postures of hanging, and various movements like cartwheel, jumping, rolling, etc. in the present study, the researcher studies the history and development of gymnastics for the Greek, the Roman, in Middle Ages, the Renaissance, modern times and in Egypt.

The sport of gymnastics is one of the essential sports. It contributes to preparing the players and upgrading their levels through exercises and movements on the apparatuses. Gymnastics is an indispensable sport for all the players whatever their sports activities were; for it develops the physical ability and skills, the mental abilities as well as the educational duties. It also addresses the health issues and develops sensibility. Types of Gymnastics like Artistic, rhythmic and acrobatic gymnastics, etc., were studied.

Several trainers and scientists emerged all over the world and participated in the progress and development of the trainings of gymnastics and the invention of its different apparatuses. They are accredited with the establishment of different schools of training in different parts of the world in modern times, such as the Swedish, Danish, Soviet, etc.

Given the importance and prevalence of gymnastics, several gymnastics outfit designer. These are pioneers in this field. This research studies a number of these designers like Alpha Factor, GK Gymnastic, Milano Leotards, Quatro Gymnastics and Moreau.

**A summary of the research Findings**

- Gymnastics outfits differ according to the kind of gymnastics played.
- gymnastics outfit designer are keen on producing gymnastics wear due to the importance and prevalence of this sport.

**The Recommendations:**

- Paying attention to the study of the history &Gymnastics wear of the sport of gymnastics in the departments of clothes design at Arts Faculties.
- Paying attention to the choice of the materials of the Gymnastics outfits and the suitable design given their influence on the player’s movement.

### **Keywords:**

sports ; gymnastics ; cloth