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kinetic synergy and nerve speed of the brain hemispheres and their relationship to handstand on the balance beam in gymnastics

Fatima Hassan Hassoun ¹  

Department of Student Activities / University of Basra

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Abstract

The research aims to identify the kinetic synergy and the speed of the nerves of the right and left hemispheres of the brain among some gymnastics players in the provinces of Iraq, and the relationship between the kinetic synergy and the speed of the nerves of the right and left brain and standing on the hands on the balance beam. The descriptive approach was used in the style of studying the relationship, representing the research community. I recruited gymnasts from the participating provincial teams to select the Iraqi national team for applicants, and the most important conclusions are that the sample of gymnasts had a moderate degree in the speed of the right and left-brain nerves, and the gymnasts possessed a good degree of kinetic synergy, and kinetic synergy and the speed of the right and left-brain nerves had a major role in performance. Handstand on balance beam.