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**VKV GOVERNMENT DEGREE COLLEGE**

**KOTHAPETA, EAST GODAVARI DT**

(Accredited by NAAC "B" Grade)

(An ISO 9001:2015 certified by HYM International Certifications Pvt. Ltd.)



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**DEPARTMENT  
OF  
PHYSICAL EDUCATION  
GYM & SPORTS CENTRE**



# GYM & SPORTS CENTRE



## Gym

A gymnasium, also known as a gym, is a covered location for athletics. The word is derived from the ancient Greek term "gymnasium". They are commonly found in athletic and fitness centres, and as activity and learning spaces in educational institutions. "Gym" is also slang for "fitness centre", which is often an area for indoor recreation. A "gym" may include or describe adjacent open air areas as well. In Western countries, "gyms" (or pl: gymnasia") often describe places with indoor or outdoor courts for basketball, hockey, tennis, boxing or wrestling, and with equipment and machines used for physical development training, or to do exercises. In many European countries, *Gymnasium* (and variations of the word) also can describe a secondary school that prepares students for higher education at a university, with or without the presence of athletic courts, fields, or equipment.

## Overview

Gymnasia apparatus like barbells, jumping board, running path, tennis-balls, cricket field, and fencing area are used as exercises. In safe weather, outdoor locations are the most conducive to health. Gyms were popular in ancient Greece. Their curricula included self-defense, gymnastica medica, or physical therapy to help the sick and injured, and for physical fitness and sports, from boxing to dancing to skipping rope.

## History

The first recorded gymnasiums date back to over 3000 years ago in ancient Persia, where they were known as zurkhaneh, areas that encouraged physical fitness. The larger Roman Baths often had attached fitness facilities, the baths themselves sometimes being decorated with mosaics of local champions of sport. Gyms in Germany were an outgrowth of the *Turnplatz*, an outdoor space for gymnastics founded by German educator Friedrich Jahn in 1811 and later promoted by the Turners, a nineteenth-century political and gymnastic movement. The first American to open a public gym in the United States using Jahn's model was John Neal of Portland, Maine in 1827. The first indoor gymnasium in Germany was probably the one built in Hesse in 1852 by Adolph Spiess.



# Gymnasium



## Sports Centre

### Students Playing Chess Game





# Students doing Yoga & Meditation





## Students Playing Games





## Students Height & Weight Checking

