

Assessment tool prepared by student

8. How many times can a player strike a shuttlecock before it flies over the net?
(a) Thrice (b) Twice (c) Once (d) None of the Above
9. Which of the following is an admissible diameter of the base of the shuttle?
(a) 27mm (b) 22mm (c) 29mm (d) 20mm
10. Which of the following is not a possible weight of a shuttle?
(a) 5.4 gm (b) 4.8 gm (c) 5.1 gm (d) 5.7 gm
11. What is the standard height of a badminton net at the center of the court?
(a) 5 feet 6 inches (b) 5 feet
(c) 4 feet 6 inches (d) 4 feet
12. Which of these badminton tournaments is a higher level tournament? The Grand Prix, Gold or Super Series.
(a) Super Series (b) Grand Prix Gold
(c) Double Series (d) Single Series
13. When was mixed doubles introduced as a medal sport at the Olympics?
(a) 2000 Sydney Olympics (b) 1992 Barcelona Olympics
(c) 1996 Atlanta Olympics (d) 1998 Sydney Olympics
14. When a birdie is hit back and forth together in badminton, it is called
(a) serve (b) set (c) Smash (d) Rally

Name - Nupur Kujur
Roll no - 16 BPed I year
Date - 17.01.22

Badminton

1. How many feathers should be in a shuttle?
(a) 12 (b) 26 ☒ 16 (d) 20
2. Which of the following combinations do not exist in badminton?
(a) Women singles (b) Mixed Singles
(c) Women doubles (d) Mixed doubles
3. In which year did Badminton become an olympic sport?
(a) 1989 (b) 2000 (c) 1996 ☒ 1992
4. Each game is played up to how many points?
(a) 11 (b) 15 ☒ 21 (d) 31
5. Which of the following feather lengths would not be legal in a shuttle?
☒ 73 mm (b) 64 mm (c) 70 mm (d) 67 mm
6. The interval between games of a match in badminton cannot exceed how many minutes?
(a) Four (b) Three ☒ Two (d) One
7. What is the least amount of points a player must lead by to win the match?
(a) One ☒ Two (c) Three (d) Four

Volley ball

Name: Saaveen Akshita

Roll no - 34

10-01-22

B.P.E.S - 1st Year.

Qno1 How many people on each team are in the court?

- (A) 6 (B) 10 (C) 5

Ans 6 ✓

Qno2 What was the original name of volleyball?

- (A) lacrosse (B) volleyball (C) Mintonette

Ans Mintonette.

Qno3 When was volleyball created?

- (A) 2004 (B) 1912 (C) 1895

Ans 1895 ✓

Volleyball was created in 1895 in Holyoke, Massachusetts.

Qno4 Who created volleyball?

Ans John A. Belsted (B) William G. Morgan

(C) Holyoke (D) Elijah C. Campwood.

Ans William G. Morgan. ✓

Qno5 When were the first volleyball world championship held?

- (A) 1949 / 1952 (B) 1879 / 1918 (C) 2000 / 2004.

Ans 1949 / 1952 ✓

Qno6 How is the serving team chosen?

- (A) A coin toss (B) Referee's choice (C) first team

of catch - the volleyball

Ans A Coin toss ✓

Q101 What are points called in volleyball?
A Goals B Points C Scores
Ans Points ✓

Q102 If you score a point doing a spike what is it called?
A kill B Down C Hit
Ans kill ✓

Q103 What is the number of times a team can hit a ball without passing it over the net?
A 1 B 4 C 3
Ans 3 ✓

Q104 What is the player who specializes in defense called?
A libero B freefly C Blocker
Ans libero ✓

Q105 When the ball hits the floor on one side of the net, it counts as a point for the other team. What type of scoring is this called?
A Point B Rally C field.
Ans Rally ✓

Q106 How many sets are in a volleyball game?
A 5 B 3 C 10
Ans 5 ✓

Q107 In which way do the teams rotate?
A clockwise B counter-clockwise
C they do not rotate

15. The official name for the "Birdie" is :
(a) Buss (b) Shuttle (c) Robin (d) Eagle
16. Name the three ways to start a Match
(a) Rally (b) Rock paper scissors (c) Coin Toss
(d) All of the Above
17. What are the three serves
(a) long (b) direct (c) short (d) All of the above
18. Who is the youngest Badminton Player to represent India at Championship?
(a) Saina Nehwal (b) Prakash Padukone
(c) Kidambi Srikanth (d) P Gopichand
19. In which Stadium India Open Grand prix Gold tournament held?
(a) Rajiv Gandhi Indoor Stadium
(b) Sports Authority of India Complex
(c) Babu Banarasi Das Indoor Stadium
(d) None of these
20. Who was the first Indian badminton player to hold number one rank in World Rankings?
(a) Prakash Padukone (b) Saina Nehwal
(c) Chetan Anand (d) Manu Attri

Q1010 Q Server B Floater C Tander
Ans Tander ✓

Q1011 How many substitutions in a game are allowed on each team?

A 12 B 10 C 5

Ans 12 ✓

Q1012 How many positions are there on each side of the court?

A 3 B 2 C 6

Ans 6 ✓

Q1013 How many timeouts is a team allowed per game?

A 2 B 1 C 10

Ans 2 ✓

Q1014 For how many seconds does a timeout last?

A 30 B 45 C 60

Ans 30 ✓

Q1015 How does the referee know if the ball is in or out of line?

A Instant replays B line judges C watching

Ans line judges.

Q1016 What happens when the ball lands on the line?

A The rally is replayed B It is considered "out"

C It is considered "in"

Ans It is considered "in" ✓

Page _____

Ans Clockwise ✓

Qno14 What is it called when a server steps past the serving line?

- (A) Side step (B) Foot fault (C) out

Ans Foot fault. ✓

Qno15 Which player position serves?

- (A) Middle Back (B) Right front (C) Right Back

Ans Right Back ✓

Qno16 Which of these is not considered a fault?

- (A) Foot fault (B) Double Hit (C) Dig

Ans Dig. ✓

Qno17 What is a dig?

- Ans (A) Blocking a spike/attack (B) Spiking the ball
(C) Serving in certain manner

A player performs a dig when they successfully prevent the ball from hitting the floor after the other team performs a spike.

Qno18 What are the names of the two volleyball referees?

- A. Forward Referee and Back Referee
(B) Up Referee and Down Referee
(C) Serve Referee and Volley Referee.

Ans Up Referee and Down Referee ✓

Qno19 Which of these is not a type of volleyball?

Shri Shivaji College of Physical Education Amravati

Assignment of Sport Training (CC-301)

SUBMIT UP TO 15/01/2022

DR.CHETAK .SIR

Q.1)

- A) Define Sport Training and Write aim and objective of Sport Training
- B) Write on general performance tainting.

Q.2)

Define coordinative Abilities. How is the training for improving coordinative abilities given to sportsmen? Discuss.

Q.3)

Define training toad and write Types of Tainting load.

Explain the methods of Techniques Training in detail.

Q.4)

- a) Explain the method of endurance training development.
- b) Explain the factors affecting flexibility\$

Q.5)

What does u mean by planning? Explain principles and importance of long term planning.

प्रश्न 1)

- अ) खेल प्रशिक्षण को परिभाषित करें और खेल प्रशिक्षण का उद्देश्य और उद्देश्य लिखें।
ब) सामान्य प्रदर्शन दागी पर लिखें।

प्रश्न 2)

समन्वय क्षमताओं को परिभाषित करें। खिलाड़ियों को समन्वयक क्षमता में सुधार के लिए प्रशिक्षण कैसे दिया जाता है? चर्चा करना।

प्रश्न 3)

- अ) टॉड के प्रशिक्षण को परिभाषित कीजिए तथा टेंटिंग लोड के प्रकार लिखिए।
ब) तकनीक प्रशिक्षण की विधियों को विस्तार से समझाइए।

प्रश्न 4)

- अ) सहनशक्ति प्रशिक्षण विकास की विधि की व्याख्या करें।
ब) लचीलेपन को प्रभावित करने वाले कारकों की व्याख्या करें

प्र.5)

योजना बनाने से आपका क्या तात्पर्य है? लंबी अवधि की योजना के सिद्धांतों और महत्व की व्याख्या करें।

Assignment (BasketBall)

Name:- Utkarsh Kailas Kabra
Class:- B.P.E. S II year Roll No.:- 24057

Q1 BFI was founded in the year?

A = 1950

C = 1952

B = 1951

D = 1953

Ans = (A) = 1950

Q2 Radius of the center circle?

A = 1.7 m

C = 1.9 m

B = 1.8 m

D = 2 m

Ans = (B) = 1.8 m

Q3 Radius of no-charge semi circle?

A = 1.2 m

C = 1.3 m

B = 1.25 m

D = 2 m

Ans = (B) = 1.25 m

Q4 Dr. James Naismith was born in what year?

A = 1861

C = 1881

B = 1871

D = 1875

Ans = (A) = 1861

Q5 Dr. James Naismith was born in what country?

A = Oslo, Norway C = Ontario

B = California D = Jakarta.

Ans = (C) Ontario, Canada.

Q6 How many rules that Dr. Naismith developed?

A = 10

C = 12

B = 11

D = 13

Ans = (D) = 13

Q7 The fastest player of the team?

A = Point guard

C = Small forward

B = Shooting guard

D = Power forward

Ans = (A) = Point guard.

Q8 Creates a high volume of shots on offense?

A = PG

C = SF

B = SG

D = PF

Ans = (B) = Shooting guard

Q9. Shot is taken with 2 or $2\frac{1}{2}$ step under the basketball ring?

A = Jump shot C = lay up

B = free throw D = Penalty shot.

Ans = (C) = lay up

Q10. A shot awarded to a player after foul is occurred?

A = Jump shot C = lay up

B = free throw D = Penalty shot

Ans = (B) = free throw

Q11. Radius of the Three point Area?

A = 6.5 m

C = 6 m

B = 6.75 m

D = 6.25 m

Ans = (B) = 6.75 m

Q12. length of Throw - in line?

A = 12 cm

C = 20 cm

B = 15 cm

D = 25 cm

Ans = (B) = 15 cm

Q13 Distance between three point line from side line?

A = 90 cm

C = 95 cm

B = 100 cm

D = 8 cm

Ans = (A) 90 cm

Q14 Distance of Team bench from side line?

A = 1 m

C = 3 m

B = 2 m

D = 5 m

Ans = (B) = 2 m

Q15 length and width of the restricted line?

A = 6 m x 4.9 m

C = 6 m x 5 m

B = 5.8 m x 5 m

D = 5.8 m x 4.9 m

Ans = D = 5.8 m x 4.9 m

Q16 How the basketball game starts?

A = Kick off

C = Jump ball

B = Bounce Ball

D = Held Ball

Ans = (C) Jump ball.

Q17 Length and width of the Basketball Board?

$$A = 1.80 \text{ m} \times 1 \text{ m}$$

$$C = 1.80 \text{ m} \times 1.05 \text{ m}$$

$$B = 2 \text{ m} \times 1 \text{ m}$$

$$D = 2 \text{ m} \times 1.05 \text{ m}$$

$$\text{Ans} = \textcircled{C} = 1.80 \text{ m} \times 1.05 \text{ m}$$

Q18 Thickness of the Basketball Board?

$$A = 2 \text{ cm}$$

$$C = 4 \text{ cm}$$

$$B = 3 \text{ cm}$$

$$D = 5 \text{ cm}$$

$$\text{Ans} = \textcircled{B} = 3 \text{ cm}$$

Q19 Distance between Basketball Board to Ring?

$$A = 0.15 \text{ m}$$

$$C = 0.35 \text{ m}$$

$$B = 0.25 \text{ m}$$

$$D = 0.45 \text{ m}$$

$$\text{Ans} = \textcircled{A} = 0.15 \text{ m}$$

Q20 Length of the basketball court?

$$A = 30 \text{ m}$$

$$C = 29 \text{ m}$$

$$B = 28 \text{ m}$$

$$D = 32 \text{ m}$$

$$\text{Ans} = \textcircled{B} = 28 \text{ m}$$

Field test





