

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~~ 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 (c) 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 (d) 1992
4. Each game is played up to how many points?
(a) 11 (b) 15 (c) 21 (d) 31
5. Which of the following feather lengths would not be legal in a shuttle?
 (a) 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 (c) Two (d) One
7. What is the least amount of points a player must lead by to win the match?
(a) One (b) Two (c) Three (d) Four

Volley ball

Name Saaveeh Akshita

Rollno - 34

10-01-22

B.P.E.S - Ist 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?

- (A) John A. Belstead (B) William G. Morgan
(C) Holyok 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 ✓

Q107 What are points called in volleyball?
A Goals B Points C scores

Ans Points ✓

Q108 If you score a point doing a spike what is it called?

A kill B Down C Hit

Ans kill ✓

Q109 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 ✓

Q110 What is the player who specializes in defense called?

A libero B freefly C Blocker

Ans libero ✓

Q111 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 ✓

Q112 How many sets are in a volleyball game?

A 5 B 3 C 10

Ans 5 ✓

Q113 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 Indian 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 Banarsi 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~~ Saina Nehwal
(c) Chetan Anand (d) Manu Attri

Answers
A Underhand B Floater C Tandom
- Ans Tandom ✓

Q1020 How many substitutions in a game are allowed on each team?
A 12 B 10 C 5
- Ans 12 ✓

Q1021 How many positions are there on each side of the court?
A 3 B 2 C 6
- Ans 6 ✓

Q1022 How many timeouts is a team allowed per game?
A 2 B 1 C 10
- Ans 2 ✓

Q1023 For how many seconds does a timeout last?
A 30 B 45 C 60
- Ans 30 ✓

Q1024 How does the referee know if the ball is in or out of play?
A Instant replays B line judges C watching
- Ans line judges ✓

Q1025 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" ✓

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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 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 perform a spike.

Qno18 What are the names of the two volleyball referees?

- A. Forward Referee and Back Referee
(A) 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?

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
- B = California
- C = Ontario
- D = Jakarta

Ans = C Ontario, Canada

Q6 How many rules that Dr. Naismith developed?

- A = 10
- B = 11
- C = 12
- D = 13

Ans = D = 13

Q7 The fastest player of the team?

- A = Point guard
- B = shooting guard
- C = small forward
- D = Power forward

Ans = A = Point guard.

Q8 Creates a high volume of shots on offense?

- A = PG
- B = SG
- C = SF
- D = PF

Ans = B = Shooting guard

Q9. shot is taken with 2 or 2 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?

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

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

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

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

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