

## 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?

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

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

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

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

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

# **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 training.

### **Q.2)**

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

### **Q.3)**

Define training load and write Types of Training 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।