

Date: 12/21/2024

Academic year: 2024/2025

Time: two hours

Subject: "Principles of Sports Training"

First semester

Grade: (70)

Number of questions: (2)

College of Physical Education

Department of Sports Training and Movement Sciences

Second band

Answer the following two questions:

Question 1: Shade the circle on the answer sheet that represents your choice for each of the following statements: 50 statements x one mark = [50 marks]

mistake	correct	Arat _____ I play	number
<input type="checkbox"/>	<input type="checkbox"/>	Weightlifting is an example of external loads.	1
<input type="checkbox"/>	<input type="checkbox"/>	Good preparation of the sports team is one of the educational duties of sports training.	2
<input type="checkbox"/>	<input type="checkbox"/>	Training based on correct principles causes long-term biological adaptations of systems.	3
<input type="checkbox"/>	<input type="checkbox"/>	Physical education aims to develop physical abilities such as strength, speed, endurance, agility and flexibility.	4
<input type="checkbox"/>	<input type="checkbox"/>	An applied example of external loads is physiological changes.	5
<input type="checkbox"/>	<input type="checkbox"/>	Training means knowing the change that has occurred in the player's behavior and determining the degree and amount of this change.	6
<input type="checkbox"/>	<input type="checkbox"/>	The training load in its various degrees is considered the main method for causing physiological and psychological changes in the body.	7
<input type="checkbox"/>	<input type="checkbox"/>	The systematic regulation of the training load effect leads to the improvement of the functional and organic level of the individual's body.	8
<input type="checkbox"/>	<input type="checkbox"/>	The relationship between intensity and volume is an inverse relationship, i.e. the greater the volume, the greater the intensity must be, and vice versa.	9
<input type="checkbox"/>	<input type="checkbox"/>	Sports training depends on one level or another and is limited only to preparing the higher levels.	10
<input type="checkbox"/>	<input type="checkbox"/>	11 Training load is the physical and nervous effort or burden that has a positive effect on the individual.	
<input type="checkbox"/>	<input type="checkbox"/>	One of the principles of sports training is to develop and improve general physical preparation.	12
<input type="checkbox"/>	<input type="checkbox"/>	13 Internal load is the magnitude of the physiological and biochemical changes that occur.	
<input type="checkbox"/>	<input type="checkbox"/>	14. Sports training is not affected by continuity or interruption.	
<input type="checkbox"/>	<input type="checkbox"/>	15 Improving and developing tactical performance is one of the duties of sports training.	
<input type="checkbox"/>	<input type="checkbox"/>	One of the goals of sports training is to prepare the team well.	16
<input type="checkbox"/>	<input type="checkbox"/>	The external load is the exciter power, exciter duration and number of times a single exciter is repeated.	17
<input type="checkbox"/>	<input type="checkbox"/>	Sports training is not considered one of the ways to ensure the continuous development of athletes.	18
<input type="checkbox"/>	<input type="checkbox"/>	19 There can be no sports training unless there is a training load.	
<input type="checkbox"/>	<input type="checkbox"/>	20 The unity between general and specific preparation is one of the objectives of sports training.	
<input type="checkbox"/>	<input type="checkbox"/>	One of the goals of sports training is to avoid injury, i.e. to work on improving the health condition.	21
<input type="checkbox"/>	<input type="checkbox"/>	A degree of stress is required for a player's steady and consistent progress.	22
<input type="checkbox"/>	<input type="checkbox"/>	Conducting regular tests and examinations achieves the goals of sports training.	23
<input type="checkbox"/>	<input type="checkbox"/>	Failure to continue to apply the scientific principles and foundations of sports training is not one of the challenges of sports training.	24

(1)

number	correct	Phrases
25		One of the objectives of the training is to conduct regular tests and examinations.
26		Sports training is based on knowledge, information and scientific principles derived from other sciences.
27		Reducing the risk of injury and avoiding its occurrence are among the goals of sports training.
28		The player's external load level is assessed by identifying the number of breaths per minute.
29		Progression always requires increasing demands on the internal organs so that the process of continuous adaptation can occur.
30		Controlling and mastering the technical performance of the event is one of the developmental duties of sports training.
31		The player's internal load level is assessed by identifying the maximum oxygen consumption.
32		Elements of a training load include rest periods, intensity, or program planning.
33		Interval training fulfills one of the principles of sports training.
34		One of the methods of regulating training loads is changing the intensity while maintaining the volume and rest periods in between.
35		One of the methods of regulating the load is not changing the elements of the load intensity, the load size, and the rest periods. (intermediate)
36		One of the rules that determines the direction of the training load is the characteristics of the activity being practiced.
37		For the adaptation process to occur, the given load must be appropriate.
38		One of the principles of training is educational preparation, which aims to prepare the individual from the educational and psychological aspects.
39		The unit between general and specific preparation is one of the developmental duties of sports training.
40		The player's internal load level is assessed by identifying the number of breaths per minute.
41		Volume is not a component of training load.
42		Intensity is the number of times an exercise is repeated, the number of sets, or the volume of training unit content.
43		Change in the elements of load intensity, load size and rest periods between load rationing methods
44		The purpose to be achieved is considered one of the rules that determine the direction of the training load.
45		Training load intensity is the degree of stimulation of each exercise.
46		Sports training is defined as an educational process that is subject to a set of scientific foundations and principles and aims to prepare individuals to achieve high athletic levels.
47		The degree of player adaptation to the intensity of training stimuli is governed by physiological, psychological and social factors of the player.
48		Training is a process that aims to bring about desirable changes in behavior in the cognitive, emotional, and psychomotor domains.
49		Training spread in the Middle Ages as a science with rules and theories.
50		The term training load refers to three components: intensity, volume, and weight.

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Physical Education,
Question Room

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21 AD 2024

(2)

20 degrees

Question 2: Choose the correct answer, and shade the circles that match your choice for each statement:

		M
Arrah _____ I play		
Training ... Lack of application of applied scientific research, which is the basis of progress in developed countries, from...	principles (C) Goals (B) (A) Challenges	1
Continuity of sports training operations throughout the year in a regulated manner... in training.	(C) The principle of individuality The principle of continuity (B) (A) The principle of specialization	2
..... The process of regulating the training load is the basic process for success.	C) Coach Administrative operations (B) A game	3
..... All of the following are basic steps in regulating the training load except:	C Data collection (B) Data analysis (A) Sports activities	4
A stage characterized by the adaptation processes turning towards hospitalization and the form is gradually lost...	Level growth preparation stage (level decline stage (level maintenance stage) (A)	5
..... Sports training is an educational process.	Both together (C) B inclusive A codified	6
Using scientific foundations and principles as a basis for development and progress is a duty.	Educational (C) B) Educational A developmental	7
Exercises that develop the physical qualities specific to sports activity are exercises...	C) General constructivism B) Special constructivism (A) Competitive	8
sports training, not giving enough attention and material care to the Egyptian coach: From	C) Challenges Motives (B) cons (A)	9
..... In order for the adaptation process to occur, the given load must be.	maximum (C) Plus (B) A fit	10
Types of sports training load	C) Skilled B) external physical (A)	11
It is used over several medium cycles interspersed with high cycles or over several high cycles interspersed with medium cycles during training periods or training stages.	C) long term B) short to long A) Medium range	12
..... The coach must realize that the adaptation process.	C) permanent Fixed (B) A) Temporary	13
For sports training. The present era and the expected future are the era of	C) Non-endoscopic application Theory and practice (B) A randomness	14
The individual gains consistency in performance through performance elements based on the comprehensive development of the requirements	Sports training. of sports performance in the advanced stage of... C goals B) Properties A principles	10

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21 2024

Student Affairs

Umayyad Assiut
Physical Education
Question Room

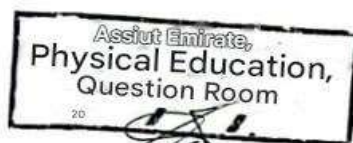
(3)

20

phrase	M
..... Environmental rest is a period of continuous rest. (C) After exercise (B) Before exercise Between the exercise and another (A)	16
Continuous assessment within the operations of duties for sports training: C) Educational B) Developmental (A) Educational	17
With females... it is not recommended to use the pregnancy method. C) Top of the line (3) Simple (A) The maximum	18
..... General requirements for sports training. (C) High level planning (B) Special care (A) Training planning	19
Acquiring knowledge and information is a duty. C Developmental B) educational (A) Educational	20

— The questions are over —

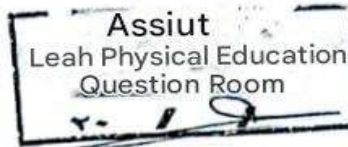
Best wishes for success to all.



(4)

1

Second band
Time: two hours
The total score is 45 degrees



Faculty of Physical Education,
Department of Sports Management and Recreation

First term exam 2025
"Basics of Movement Expression Course Exam (Girls)"

(Grade (25)		Question 1: Shade (T) if the answer is correct, shade (F) if the answer is wrong.	M
T.F			
		After the kinetic expression is a means of non-verbal communication.	-1
		- Movement cannot be used in education.	2
		Motor expression does not affect social relationships.	-3
		التعبير هو السلوك الذي يصدر عن الفرد كوسيلة للتعبير ولكل حركة إنجازاتها وأهدافها. عابثها الخاصة	-4
		The philosophy of kinetic expression is based on studying the history and civilization of peoples and the mutual understanding of their customs and traditions.	
		The movements and skills of motor expression are characterized by originality, coordination and harmony with the musical rhythms.	-6
		Body language is the language through which a person expresses what is going on in his mind and makes it understandable and clear and facilitates dealings between people.	-7
		The ancient Egyptians used the gesture as a means of worship and a way of expressing gratitude to the gods.	-8
		One of the objectives of teaching motor expression is to provide knowledge, facts and information related to the branches of motor expression (traditional).	-9
		Stretching the body is considered one of the basic artistic skills in folklore, and it is the opposite of relaxation.	-10
		Ancient Egyptian motor expression was characterized by graceful gestures, movements, and circling around on one leg.	-11
		The flying phase of the suture skill is done by switching feet in the air.	-12
		The Greeks were the first to think about the philosophy of education and its problems, and kinetic expression played an important role in their culture and their view of life.	-13
		There is a great similarity between the situations of the Pharaohs and the situations in the ballet technique.	-14
		While performing the Battement Tendu Jete skill, the free foot is raised at a 90 degree angle.	-15
		- The movement sentences in the middle of the hall aim to develop ballet motor skills and improve motor memory.	16
		The half-bend appeared and was the beginning of teaching all jumps in the seventeenth century.	-17
		Deep flexion in the first ballet position is done by lifting the heels off the floor.	-18
		Interest in modern innovation began at the beginning of the fifth century AD in European countries.	-19
		Ballet was invented as a form of expressive art at the beginning of the nineteenth century AD.	-20
		The flying phase of the Echapee skill is done by switching feet in the air.	-21
		King Louis XIV founded the Royal Academy of Music and Dance in 1661 AD.	-22
		Modern kinetic expression is a creative and innovative art that does not express thoughts, feelings and emotions.	-23

Assiut University

Faculty of Physical Education

28 December 2024

What was done by the student?

T	F	phrase	M
		There are three types of knee pie and it can be performed in all foot positions.	-24
		Satisfying the need for self-expression is one of the goals of ballet.	-25
		Important sources for studying ballet are the artifacts found in museums and historical temples.	-26
		In the first position of the feet in ballet, the heels are apart and the legs are turned outward.	-27
		The ancient Egyptians preferred jumping on the ground and quick, lively movements.	-28
		Dia Gleev spread the technique of Russian ballet throughout Europe in the twentieth century.	-29
		Not just hand gestures, but the whole body must be expressive - one of the five rules of ballet.	-30
		Innovation in artistic performance and movement skills is one of the most important distinguishing features of ballet.	-31
		In the 11th century, the movements were performed on the feet without jumping.	-32
		The development of kinetic expression reached a stage of prosperity in the Roman era.	-33
		The Ballet Institute was established in Egypt in 1954.	-34
		The basic movements in modern innovation are divided into two basic types: movements performed from a fixed position and transitional movements.	-35
		Like the movement expression, it had a great place in the life of the ancient Egyptians, not only for entertainment, but also as a means of..	
		Greek philosophers considered mastery of the rules of motor expression and the ability to perform it a measure of culture and an important means.	-37
		A means of education.	
		Free-weight and free-spirited exercises are components of a ballet lesson.	-38
		Ballet is a word taken from Russian culture and means dancing.	-39
		It is difficult to know the true beginning or determine the time when any art began.	-40
		One of the characteristics of popular expression is that it is a mirror of ancient traditional culture.	-41
		Lighting is one of the most important components of ballet and therefore requires long periods of training.	-42
		In the correct position, it is necessary to tighten the abdominal muscles and press the shoulders down.	-43
		The fourth position for the arms in ballet is to raise the arms above the head while maintaining their circular shape.	-44
		Historical writings are the primary sources for extracting popular knowledge.	-45
		Modern innovation is a creative and innovative art that expresses an idea using the individual's movements according to his own capabilities.	-46
		A ballet director is the creative artist who composes and employs the various movement elements that he uses in his artistic work.	-47
		Women had a prominent role in marital dances in the Greek era, and they performed them without masks.	-48
		Ballet requires great skill, specific body measurements, and is subject to a specific technique and a specific subject that cannot be deviated from.	-49
		Mohammed built the Royal Opera House and presented many international operas there.	-50

Assiut University

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28 Reem 2024

Students

Assiut city
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(grade 20)

Question 2: Choose the correct answer, then shade your answer number on the answer sheet:

A & B -C

B - Expression of feelings

-1- The main function of motor expression.

A - Communication

2 The kinetic expression was

C - Greeks

Romans -B

Ancient Egyptians A

In developing knowledge and information related to customs, traditions, music, health, etc., it also contributes - works to develop mental and innovative abilities.

worn out -C

Modern innovative expression -B

A - popular expression

4 skills that require complete mastery of the two legs and great strength in the leg muscles

Balance -C

Lifting -B

Jumps -A

the student's ability to find multiple solutions to motor problems objectives that develop

- Folk dance:

worn out -B

Modern innovative expression A

that is passed down from generation to generation and can withstand some changes, such as deletion or addition

A characteristic of a traditional product

worn out -C

B Expression

Popular expression -A

7 The support bars are raised above the ground by a distance.

100cm - 180cm -C

80cm 100cmB

70cm - 110cm-A

Improvisation plays a fundamental role in it, among the characteristics of

Modern innovative -C

B popular expression

Ballet -A

It is a living means of translating the feelings, beliefs and natures of peoples, and it plays an important role in recreation. -9

Ballet C

B - popular expression

A - Modern innovative

-10- The support bars are kept at a distance of between .

30-20 mm - C

20-30 cm- B

10-20 cm- A

-11- Pressing the two panels down until the length and beauty of the neck appears is one of the conditions that must be taken into account.

The correct stance -C

B rotations

A - Jumps

12- The Echappe skill is considered one of the skills

- Lifting C

B - Jumping

A - bending

Assiut University,
Faculty of Physical Education

December 28, 2024

Asean nation
Sports Education
Question room

.....-13- Modern innovative expression emerged and developed in:

- France **C**

- United States of America

- Italy

.....-14- All jumps begin and end with skill.

half-ply -C

big place -B

tendu -A

.....15 Modern innovative expression aims to

C - Gaining information about the lives of peoples

Developing values and respect for heritage - satisfying the need for free expression -A

.....16 goals of popular expression....

Self-development and realization -C

A - Based on a foundation that stems from within the individual - a historical record of peoples and their traditions

17- The history of ballet began in France, and this goes back to Princess who was passionate about practicing it.

C - Camargo

B - Dia Glyph

A - Catherine

.....The five rules of ballet were established in the 18th century:

Twenty -C

B - eighteenth

nineteenth -A

..... is the art of drama based on movement and music without any use of words. -19

Hadith -C

Popular -B

A - ballet

.....20 - One of the objectives of the bond exercises is...

- Focus on learning to lock foot positions. ;

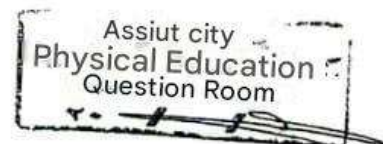
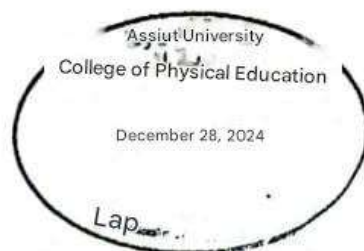
Develops a sense of self and others -B

Sequence and sequence of movements -A

The questions are over. Best wishes for success and good luck.

Prof. Dr. Rania Morsi Abu Al-Abbas

Dr. Yasmine Hosny



2 Kim 2024

Date / 12/25/2024
Time to help students

Assiut city
Why Physical Education |
Question Room

20



Subject: Weightlifting Basics

College of Physical Education

Grade: 45 degrees

Department of Sports Management and Recreation

Seating number:

the name:

First semester exam for the academic year 2024/2025 for second-year male students (January 2025 session)

Test instructions:

Make sure the test questions are on (1) pages and are submitted with the answer sheet.

Write your data on the answer sheet and the question paper.

Do not shade more than one number in the row and shade from left to right. It is preferable to shade with the pencil number and then with dry.

The test consists of 90 questions, 60 multiple-choice questions and 30 true-false questions.

Each question is worth half a point, so the maximum score for the test is 45 points.

Question 1: Multiple choice. Shade the letter that indicates the correct answer. Each point is worth half a point, for a total of (30 points).

In which Olympic Games was weightlifting first included? -1

1896 -C

1928 -3

1936 -A

Each country may enter up to players in the men's championships in one weight class. -2

1 -C

2 -B

3 -A

What are the possible causes of a weightlifter failing to dive or fall under weight? -3

All of the above -C

Not lifting the weight high enough -B

A - Lack of muscle strength

Which of the following levers requires the shortest time to perform? -4

Both together -C

B kidnapping

Cline and jerk -A

is the Egyptian weightlifter who won Egypt's first gold medal in the Olympics? -5

Ibrahim -C

B Tony greens

Mr. Naseer -A

6- The diameter of the men's bar is-

22 mm -C

25 mm -B

28 mm -A

What is the main reason for weight deviation during the pull in the -6

Poor position of the arms -C

Use light weight -B

snatch? Early rise on the instep -A

10 cm -C

211 cm -B

221 cm -A

The headquarters of the International Weightlifting Federation is located in the State of... -7

Belgium -C

B Hungary

Sweden -A

10- What is the main purpose of using the hook grip in weightlifting? -8

Protection from injuries -C

Reduce the risk of the bar slipping -B

Accelerate performance -A

first pull phase in weightlifting? is the main purpose of the -9

Reduce the resistance arm -C

Grabbing the bar with the weight -B

Increased gravity speed -A

12- At which stage of the clitoris lift does full extension occur? -10

Second pull -C

Diving under gravity -B

The first pull -A

13- It is considered a failed attempt, meaning that the lift was not completed when the bar reaches the height of... -11

under -C

level -B

above -A

14- What is the correct body position while lifting weights? -12

Knees are completely straight. -C

B - The back is completely straight

- The back is slightly bent forward.

is the purpose of the second phase of the pull in weightlifting? -13

Place the carriage at shoulder level -C

Achieve full body extension -B

Skip the weight to the knees -A

16- What was the total group weight recorded by Mr. Naseer in the European Championship in 1930? -14

285 kg -C

B 375 kg

300 kg -A

Kim 28 2024

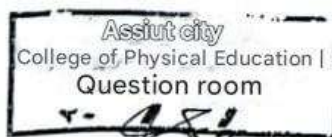
Student Affairs

Umayyad Assiut
Why Physical Education
Question Room

- 12 cm -C
- Three minutes -C
- Bulbs ٢ -C
- Weighted discs
- ٧٥ : ٢٥ -C
- 25 kg -C
- ١ -C
- 22.3 cm -C
- ٥ -C
- All of the above -C
- ١٠ -C
- 2.5 kg -C
- 25 kg ٥
- during -C
- Hit the middle to round the bar ٥
- holding the bar steady -C
- Common mistakes. -C
- 1896 - ٥
- Get ready -C
- Common mistakes -C
- London -C
- 2.5 x 2.5- ٥
- High quality steel -C
- C- Not specified
- 5 cm -B
- Two minutes -B
- Miscellaneous which is in front of the ruling.
- Bulb B
- Magnesium (powder).
- 21- The weightlifter distributes the weight of the body during the ready position so that the support is for the feet at a rate of
- ٧٠ : ٢٠ -B
- 15 kg -B
- 5 cm -B
- 24- The distance from the smooth mark to the ring on the men's bar is...
- 24.5 cm -B
- ٢ -B
- if a minute has passed to start trying -B
- ١٢ -B
- 28- Two locks must be used to fix the bar, each weighing kg.
- E kg -B
- kg weighs .
- ٢- 20 kg 3
- 30- Lowering the weight onto the lifting box... The referee's signal to lower is considered a failed attempt.
- B after
- Withdrawal from pending transfer -B
- Opening the feet by stabbing -B
- Technical determinants of performance -B
- ١١٥٢ -B
- B Rotation of the elbows
- Learning steps -B
- Paris -B
- 38- What is the standard width of the platform on which weightlifting competitions are held?
- ١x١-B
- 39- What material is the bar made of in official competitions?
- B aluminum
- Coated iron -A
- 40- What is the maximum total weight allowed for the weights used on the bar in men's competitions?
- 180 kg -B
- 250 kg -A
- 15 cm -A
- 18- The weightlifter is given a time of to perform the attempt.
- minute -A
- 19- The arbitration body consists of:
- Bulbs ١ -A
- 20- Which of the following tools is used to improve grip while lifting weights?
- Back support belt -A
- 40: 60 -A
- 22- The weight of the red disc is
- 20 kg -A
- 23- The width of the belt used in weightlifting is
- 12 cm
- 24- The distance from the smooth mark to the ring on the men's bar is...
- 131 cm -A
- 25- How many judges evaluate a player's performance during a lift attempt?
- ٢ -A
- 26- In what case is the attempt to lift the weight cancelled? if the bar falls to the ground. A
- 27- The weightlifting team consists of a number of players.... men.
- ١ -A
- 28- Two locks must be used to fix the bar, each weighing kg.
- kg ٢ -A
- 29- The yellow disc in weightlifting
- 15 kg -A
- 30- Lowering the weight onto the lifting box... The referee's signal to lower is considered a failed attempt.
- before -A
- 31- Among the technical determinants of the snatch skill.
- Standby mode -A
- 32- The last stage in the skill of seeing is....
- Dive under the bar -A
- 33- Falling under the bar is considered a....
- General errors of cranes -A
- 34- Raising the eyes with the hands was cancelled in the year
- 1972 -A
- 35- The cleaning skill begins...
- Place the bar on the chest -A
- 36- The kidnapping balance is considered one of the...
- Technical performance -A
- 37- The first weightlifting championship was held in the city of
- Athens ١



- Jerk **C**
- 120 **-C**
- 1930 **-C**
- 16 years old **C**
- All of the above **-C**
- The lottery **C**
- Give another try **-C**
- All of the above **-C**
- Sarah Samir and Nour El Din Zaki **-C**
- Lift the bar directly from the floor **-C**
- 23 12 **-C**
- 76 kg **C**
- Narrow **-C**
- 23 cm **C**
- + 1 kg **-C**
- 32 cm **C**
- 15 kg **C**
- 11 **-C**
- Player height **-C**
- 120 70 **-C**
- of the skill first **11** Weightlifting competitions begin with the performance **A**
- Cline **B**
- 42- The player is given a warning signal before the end of the attempt by a time of **Aq -A**
- 43 - The International Weightlifting Federation was founded in the year.... **1905 -A**
- 44- What is the minimum age for a player allowed to participate in international weightlifting championships? **-12 years old**
- 45- What is the legal error that leads to the cancellation of the snatch lift? **feet not in a straight line -B**
- 46- Players are called by weights.... **least -A**
- 47- If a player fails all three of his attempts at snatching, what happens? **Excluded from the competition -B**
- 4- When is the referee allowed to stop an attempt during the competition? **When the player falls while lifting the weight. -B**
- 49 Egyptian weightlifting champions who won medals? **Mohamed Ehab and Ehab Abdel Rahman -B**
- 50- What is the first basic step in weightlifting performance? **Grip on the bar A**
- 51- Youth competitions start from the age of **17:13 -A**
- 52- A female player (senior) weighing 68 kg plays in the weight category of... **- 71 kg } 64 kg -A**
- 53 types of grips on the bar The grip.... **Lateral -B**
- 54- The length of the outer ring of the men's bar is **32.5 cm -B**
- 55 - The Olympic Youth weight categories end with the weight of... **-109 kg } + 102 kg -A**
- 56 Show the entrance barrier of the bar.... **15 mm -B**
- 57 The total weight of women's discs is about **20 kg -B**
- 58 Weight Class 7 Senior Men's Weightlifting.... kg **11 -B**
- 59 - What determines the type of grip used in weightlifting? **Type of movement: snatch or grab. B**
- 10- While performing the jerk movement, where should the bar be positioned when starting the first pull? **Close to the middle of the leg. -B**



- 2 -



Question 2: (True or false questions)

Put a mark (1) in front of the correct statements or a mark (3) in front of the incorrect statements. Each point is worth half a point, for a total of (10 points):

- The diameter of the largest discs is about 450 mm with an error of +2 mm. - In the second phase of the pull, the knees are pushed under the bar. - A weightlifter's age is calculated according to the year of birth, not the month of birth. - The bench press was completely eliminated from Olympic weightlifting competitions after the Munich Games in 1972. - There are 10 weight categories for men (juniors and seniors).
- One weightlifter can only win one medal in international competitions.
- The bar must have a barbell to facilitate gripping. - Weight categories for junior and senior women start at 45 kg and end at 87 kg.
- The first pull in weightlifting skills starts from the middle of the thigh.
- 10- There are two types of grip on the bar in weightlifting.
- 11- In the 1948 London Games, the Egyptian team won first place in weightlifting at the team level.
- 12- Bending the planters at the end of the lift and straightening them is a legal mistake for snatching only.
- When installing the discs on the bar, the smallest should be on the inside and the largest on the outside, gradually.
- 13 -
- 14 - The snatch lift with both hands continuously leads to the maximum extension of the arms.
- 15 - The Egyptian weightlifter "Ibrahim Shams" won a gold medal in the London Games in 1948.
- 16 - The snatch is considered one of the most important skills in weightlifting.
- Weightlifting attempts begin by gripping the bar using the large grip in the snatch and the small grip in the clean.
- 17 -
- 18 - If the player's anatomical condition prevents him from fully performing the surgery, he must inform the examination committee for a decision.
- Weightlifters are allowed to use a medical belt during competition in accordance with international laws.
- 19 -
- 20 - The weightlifter will be disqualified if he fails in all three attempts to lift the weight.
- 21 - The correct positions and movements for all lifts include pulling from the hanging weight.
- 22 - The player may use the pulleys in the snatch lift exercise for the purpose of controlling the bar.
- 23 - Falling from the bar after the referee's signal to come down is considered a valid attempt at technical performance.
- 24 - Placing the bar on the chest before rotating the elbows in the clean and jerk skill is a correct attempt.
- 25 - The snatch lift requires lifting the weight from the ground to shoulder level.
- 26 - During the ready position, the player may touch the bar with his knees.
- 27 - The jerk lift requires lifting the weight from the ground to shoulder level only.
- 28 Any bounce of the bar that is intentional for the purpose of benefiting from it is considered a valid attempt.
- WW stands for International Weightlifting Federation.
- 29 30 -
- The process of switching feet is an opening in the skill of sight within the requirements of the technical performance of moving sight.

— All questions finished —

— With our best wishes for success and good luck —

Committee of Examiners

A.M.D. / Mustafa Antar Zidane

This is Islam Mustafa Abdel Bari
Islam Mustafa Abdel Bari

Dr. Alaa Ahmed Muhammad

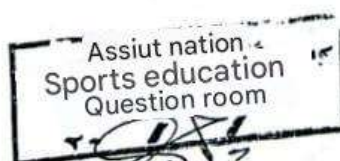
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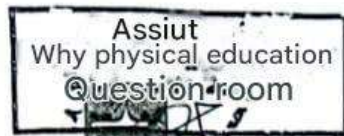
University Assiut

College of Physical Education

Kim 21 2024

Student arts





Department of Sports Training and Movement Sciences



College of Physical Education

First semester exam for second year students, academic year 2024/2025 AD
The course covers the basics of self-defense sports (karate, taekwondo).

Maximum end: 45 degrees

Time: two hours

Important instructions:

Make sure to write your data on the answer form accurately.

Make sure the test questions are on 4 pages.

Read the questions carefully before starting to answer.

It is necessary to use a blue pen to answer the questions.

Do not shade more than one answer for each question.

Review before leaving the test hall.

Question 1: Karate: Shade the letter (T) in front of the correct statement, and the letter (F) in front of the incorrect statement: 12.5 points for Karate, 12.5 points for Taekwondo. Each correct answer is worth half a point.

1- In the preliminary rounds, the time for performing the group kata with the practical explanation of the (Bunkai) is (5) minutes.

2 - The distance between competitors at the start of the kumite matches is (3) meters.

The internationally recorded time for performing the movement phrase (Heyan-Shodan) ranges between 350-50 seconds.

4- In group kata competitions, movement synchronization without any external influences is a preponderant factor.

E - If the team arrives on the mat wearing inappropriate clothing, it will not be immediately disqualified and will be given (5) minutes to adjust its position.

- Correct performance of the basics (Kihon) is one of the criteria for decision-making in mock wrestling competitions.

If one or both players go out of the playing area, the referee says (Kicken).

The coach wears a training suit during the final tournaments and nothing else is allowed.

Kicks in the Shodan area (the competitor is awarded one point) and in the Jodan (two points)

10 - The maximum number of points in mock wrestling competitions is (8 points).

11 - Fabricating or exaggerating an injury is a prohibited act, Classification 2.

12 - Shurai is one of the methods of skill performance. Components: The structural framework of the movement sentence (kihon).

13 - Good timing, balance, rhythm, speed and concentration of force are the criteria for decision-making in Kata competitions.

①

will be given two minutes to adjust its position. In the event of its delay, ^{considered withdrawn and will not be disqualified immediately and arrives on the mat wearing inappropriate}

clothing, it will be

15 - Shorin is one of the methods of performing the skill of the components of the structural framework of Kumite, while Shoray is one of the methods of performing the

skill of the components of the structural framework of the movement system (kata)

16 - The internationally recorded time for performing the movement phrase (Hian-Judan) is 38-44 seconds, while the internationally recorded time

for performing the movement phrase (Hian-Nidan) is 50 seconds.

17 - Kata is a mock battle performed by the player with an opponent equal to him in weight, gender and belt level, while Kumite is an actual

fight between two competitors.

18 - The coach wears a track suit during the preliminary rounds of karate tournaments, while in the final tournaments he

wears a karate suit.

19- Mandatory protective equipment for karate (kata) competitors includes hand, leg and testicle protectors.

20 hours of individual kumite matches for men (1 minute), for women (2 minutes), and for juniors (1 minute) actual fight.

21- Disobeying the orders of the referee is among the prohibited actions, Classification 3, while direct attack on the joints is among the prohibited

actions, Classification 1.

22 - The Kata team is a group consisting of (3) players exclusively, male or female.

23 - The Bunkai is a practical application of the Kihon and is presented by the team in the final matches.

24- The time for performing an individual kata with a practical explanation of the bunkai is (5) minutes.

25 - Kata arbitration using the tablet system (7) judges. The maximum and minimum scores are deleted and

the remaining scores are combined and become the player's average score.

Question 1: Taekwondo: Shade the letter (T) in front of the correct statement, and the letter (F) in front

of the incorrect one: 1- Taekwondo suit: It is a white suit consisting of pants and a T-shirt with a neck in the shape of...

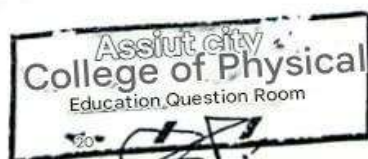
In the 2004 Athens Olympic Games in Greece, player Tamer Salah won the bronze medal for Egypt. -T

Self-defense is one of the Taekwondo arts in which self-defense is done using different parts of the

body such as the foot, knee, fist, and elbow.

There are a large number of stances used in Taekwondo, and these stances vary from wide, medium, narrow,

and special stances.



H - The player, Hedaya Malak, won the bronze medal in Taekwondo at the 2016 Olympic Games in Rio de Janeiro and the 2020 Olympic Games in Tokyo.

6- The World Taekwondo Federation competition rules allow the use of 3 forms of competition area.

The salute is considered one of the important and necessary positions in Taekwondo and is divided into 3 types. -Y

After Korea was liberated from Chinese colonialism, the Korean people began to resume practicing Taekwondo. -A

The Taekwondo player's waist belt varies in color depending on the player. -1

10 - The art of performances and breaking is considered one of the pillars of the technical division of Taekwondo.

11 - Poomsae is a form of self-practice that is done by following the movement steps in an organized and sequential manner against a real competitor or several competitors.

12 - The chest protector is worn to protect the player's chest and back from blows and comes in two colors: blue or red.

13 - The International Federation allows the classification of colored belts to differ from one country to another.

14 - Movements are considered basic skills in Taekwondo, as they contribute greatly to the player's victory in the match.

15 - Arm skills are divided into: 1. Offensive skills (strikes) 2. Defensive skills (blocks)

16 - The number two in Korean is pronounced (sad).

17 - The competition area is surrounded by a safety zone measuring between 2 x 2 metres and 4 x 4 metres.

18 - The competition area and the safety area must have a different colour.

19 - The greeting is used in all situations, whether during training, poomsae or kyurogi, to greet the coach, referee, competitor and audience.

20 - In the early days of the Koryo Dynasty, a soldier who mastered Taekwondo techniques was promoted from ordinary soldier to general.

21 - 4 points are awarded when a direct kick is taken to the opponent's head.

22 - 5 points are awarded when a kick is taken with a spin towards the opponent in the head area.

23 - Taekwondo entered the Olympic Games as an official sport in Sydney in 2000 AD.

24 - Sensors are placed in hand gloves, foot socks, head and chest protectors.

25 - Crossing the border line is considered a prohibited act and deserves a penalty (Kam - Jam).

Question 2: Karate: Choose the correct answer. Each correct answer is worth 10 points.

1. In the (Hantei) the weighting of the verdict and... judges each have a vote.

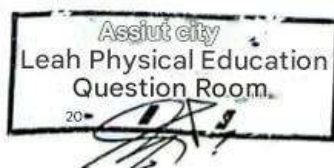
The four (A) Three (C) Five (B)

..... 2 - When the match ends with equal points or no points, the referee announces.

Hickey Wacky (A) Tori Maysin (B) Hante (C)

..... When 2 or more judges indicate a point for a player, the referee says... -Y

Ipon (A) Yamaha (B) Yoko (C)



Yura - Zuki (A) Giaco - Zuki (B) Oi - Zuki (C) - Reverse front straight punch. 1

Points (A) 1 Full points (B) 2 1 full point (C) 3

2 seconds (A) seconds (B) 1 minute (C) 2

otagen - ne - rih (A) Reh (B) Sensei - Ni Rei (C) 3

Hickey - Wacky (A) Maki (B) Catchhi (C) 4

(A) 1/2 (B) 1/4 (C) 1/8

Kokotsu-Dachi (A) Zenkotsu-Dachi (B) position. Kiba-Dachi (C) 5

Question 2: Taekwondo: Choose the correct answer: Each correct answer is worth 10 points.

1- Self-defense: It is one of the Taekwondo arts in which self-defense is done using

Various parts of the body (A) Arms (B) Legs (C) 6

Up Chaji (A) 2- The vertical kick skill from top to bottom is called... Nara Chagi (C) Pek Chagi (B) 7

Krugi Gombe (A) Krugi Koneh (B) She Shack (C) 8

Blue or red (A) Green or yellow (B) Blue or brown (C) 9

Points (A) 1 2 points (B) 1 point (C) 10

2 minutes (A) 3 minutes (B) 4) Minutes (C) 11

2 minutes (A) 1 minute (B) (30) seconds (C) 12

Points (A) 1 E points (B) 1 point (C) 13

Different Rug (A) Different color (B) Different height (C) 14

Players must sit on the mat during training in one position and be arranged according to 15

Belt grade (A) tooth (B) Length (C) 16

The questions are over. We wish you all the best and success.

Course professors

A.M.D./ Amal Nadi Mohammed Asst. Prof. Dr. Saleh Abdul Qader Atris, Asst. Prof. Dr. Ali Nour El-Din Ali,

Assiut University,

Faculty of Physical Education



23 December 2024

Student Affairs

Assiut

Why Physical Education

Question Room 20

 Department of Sports Training and Movement Sciences	Gymnastics Fundamentals Exam First semester of the academic year 2024/2025 AD Grade: (45) Time: two hours Second band	 College of Physical Education
Read carefully and don't let your pen get ahead of your mind.		
- Remember that the question paper: pages.		

Question 1: Put a check mark (T) in front of the correct statements and an (F) in front of the incorrect statements in the following...

()	The development of technical movement in gymnastics is included both standards and materials in order to keep pace with the latest developments of modern clubs.	-1
()	The parallel bars are the common device for both men and women.	-2
()	The rings are an inner diameter of 10 cm and a thickness of 20 mm.	-3
()	Artistic gymnastics is divided into two groups: the men's and women's artistic gymnastics.	-4
()	The pommel horse is considered one of the most difficult apparatuses in the sport of gymnastics.	-5
()	The floor exercise is the only event in which the gymnast performs on a flat surface.	-6
()	The first international federation was founded in 1904 in Paris, France, and its name is the International Gymnastics Federation (FIG).	-7
()	Classification of motor skills for each system into motor groups, under each group are movements similar in performance in the year (1968 AD). The	-8
()	bars exercise contains a variety of movements, a combination of swing and flying movements with continuous movement between hanging and support, and allows for	-9
()	The rings are a suspension apparatus for men's artistic gymnastics in the sport of gymnastics.	-10
()	The vault is a jumping apparatus for men's artistic gymnastics in the sport of gymnastics.	-11
()	Pommel horse is considered one of the most difficult apparatuses in the sport of gymnastics.	-12
()	Modern pommel horse training features pendulum swings and various types of circular swings.	-13
()	The vaulting horse is considered one of the most difficult apparatuses in the sport of gymnastics.	-14
()	The vaulting horse is considered one of the most difficult apparatuses in the sport of gymnastics.	-15
()	Long pommel movements with or without rotation are considered to be a movement group on the pommel horse.	-16
()	A player cannot practice artistic gymnastics unless he or she has practiced pommel horse for a long and continuous period.	-17
()	There are three championships in major international matches: the general championship for men, the general championship for women, and a championship for each device separately.	-18
()	The ground movement apparatus consists of several rings that combine to form the appropriate amount of pushes for the player.	-19
()	The pommel horse, ring, parallel bars and bar are available for females, but the balance beam and uneven bars are not available for males.	-20
()	General gymnastics for men is divided in terms of muscle work into push-up-holding apparatuses only.	-21
()	The length of the balance beam for girls is 10 cm wide and 16 cm high from the ground.	-22
()	Apparatus gymnastics began to be known since Frederick Low Feige Yan used it as an outdoor activity where young people practiced their movements in an unrestricted way and	-23
()	played on the apparatus, which is the correct way to play on the legal apparatus of artistic gymnastics.	-24
()	The men's artistic gymnastics vault table is 125 cm high, 95 cm wide and 120 cm long.	-25
()	Otto Hege contributed to the spread of gymnastics with his many achievements and was called the grandfather of gymnastics.	-26
()	The height of the upper crossbar of the two-crossbar device is 250 cm.	-27
()	One of the foundations of obstacle gymnastics is the transition from high apparatus to low apparatus.	-28
()	Obstacle gymnastics is used after games gymnastics, provided that the equipment used is appropriate for age and growth.	-29
()	Gymnastics is one of the basic individual sports that contributed to preparing the player in various aspects.	-30

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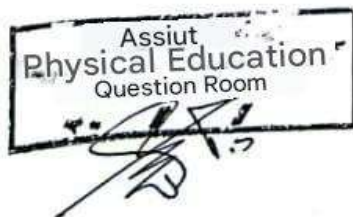
(15) degrees) Question 2: Choose the most accurate correct answers in the following questions.

The importance of gymnastics... -1			
D. All of the above	Developing social responsibilities .C	Developing mental abilities .B	Developing feeling .A
The length of the cross bar for the parallel bars is between the uprights. -2			
2.20 cm (D)	42 cm (C)	B 60 cm	3050 AD (A)
The exercise includes a set of pendulum movements and circular swing movements with the legs separated and joined in different positions. -3			
(CA (D) together	(B) Vaulting horse apparatus	(B) Pommel horse device	(A) Ground movement device
Which of the following is not a legal measurement for a throat device? -4			
D) There is no correct answer.	120 cm (C)	B 20 cm	200 cm (A)
It was the first country in which gymnastics appeared in an organized manner and the first gymnastics club was established in 1828. -5			
D) Switzerland	Germany (C)	B France	Soviet Union (A)
He is considered a symbol of the sophistication of gymnastics in Sweden. He is the one who established the Royal Gymnastics Institute and to set a law under his authority regarding the practice of the sport. -6			
D Tourinere	Adolf Spiess (C)	(B) Pier Henrik Ling	Frederick Ludwig Jahn (A)
Which of the following devices is common to both men and women? -7			
Together CB(D)	(C) Parallel bars	(B) Pommel horse device	(A) Ground movement device
One of the movement groups on... -8			
(D) Jumping table device	(C) Parallel bars	(B) Throat device	(A) Ground motion device
The height of the two rings from the surface of the device in the pommel horse. -9			
D) 25 cm	42 cm (C)	B 12 cm	18 cm (A)
10. Division of artistic gymnastics skills according to muscle work into: -10			
D All of the above	C attachment devices	B fulcrum devices	A defense devices
11 The International Gymnastics Federation was founded in the year: -11			
1926 AD (D)	1934 AD (C)	1891 (B)	1981 (A)
12- Gymnastics was included as an official sport in the Summer World Games in 1998. -12			
1926 AD (C)	(8) 1996 AD	1972 AD (A)	1982 AD (A)
13- The first Olympic Games championship on legal gymnastics equipment with specific standards and specifications. -13			
1896 (D)	1800 AD (C)	1902 (B)	1950 AD (A)
14- Girls' artistic gymnastics was included in the Olympic Games schedule. -14			
1920 AD (D)	1926 AD (C)	1978 (B)	1981 AD (A)
15- Egypt participated in the first Olympic Games. -15			
1940 AD (D)	1930 AD (C)	1977 (B)	1920 AD (A)
16- Men's artistic gymnastics was included in the Olympic Games schedule. -16			
1981 AD (D)	1926 AD (C)	1897 (B)	1935 AD (A)
17- The first gymnastics championship was held under the umbrella of the International Gymnastics Association. -17			
1981 AD (D)	1950 AD (C)	1919 (B)	1948 AD (A)
18- The Egyptian Gymnastics Federation joined under the umbrella of the International Federation in the year... -18			
D) 1946 AD	1934 AD (C)	1918 (B)	1942 AD (A)

Assiut
University, Physical Education
Questions Room

Assiut University,
Faculty of Physical Education
Kim 21 2024

The first gymnastics arbitration law was issued by the International Gymnastics Federation in the year			
1914 (D)	1950 AD (C)	1914 (B)	1981 AD (A)
..... 20 The Egyptian Gymnastics Federation was founded in the year			
1926 AD (D)	1934 AD (C)	(8) 1918 AD	1942 AD (A)
..... 21- The player started the rotation during the tournament from the second pivot device.			
(B) Hassan Al-Halq - Al-Halq - Horse Jump - Parallel - Chin - Ground movements.	(A) Hassan Al-Halq - Al-Halq - Horse Jump - Parallel - Chin - Ground movement.		
(D) Parallel - Horizontal - Ground movements - Pommel horse - Pommel - Vault.	(C) Ground movements - Pommel horse - Ring - Vault - Parallel - Horizontal.		
..... 22- The player started the rotation during the tournament from the second of the pivot device.			
(B) Ring - Jumping Horse - Parallel - Horizontal - Ground Workouts - Pommel Horse.	(A) Chin-up - Ground movements - Pommel horse - Ring - Vault - Parallel.		
(D) Hassan vault - pommel horse - ring - parallel - horizontal bar - ground movements.	(C) Ring - Ground movements - Pommel horse - Jump horse - Parallel - Chin up.		
..... 23- The player started the rotation during the tournament from the first of the pivot device.			
(B) Parallel - Horizontal - Ground movements - Pommel horse - Pommel - Vault.	(A) Horse jump - parallel bars - horizontal bar - pommel horse - pommel - ground movements.		
(D) Ground movements - Hassan throat - throat - horse vault - parallel - horizontal bar.	Ground movements - Pommel horse - Ring - Vault - Horizontal - Parallel.		
..... 24- The player started the rotation during the championship from the second gymnastics apparatus in terms of overall ranking.			
(B) Parallel - Horizontal - Ground movements - Pommel horse - Pommel - Vault.	(A) Pommel horse - Pommel - Jumping horse - Parallel - Chin-up - Ground movements.		
(D) Pommel horse - Pommel - Jumping horse - Parallel - Horizontal - Ground movements.	(C) Ground movements - Pommel horse - Ring - Good vault - Parallel - Horizontal.		
..... Overall ranking..... 25- The player started the rotation during the championship from the fourth apparatus of the gymnastics apparatus in terms of overall ranking.			
(B) Horse jump - parallel bars - horizontal bar - ground movements - pommel horse - ring.	(A) Horse jump - pommel horse - parallel bars - horizontal bar - ground movements.		
(D) Pommel horse - Pommel - Jumping horse - Parallel - Horizontal - Ground movements.	(C) Ground movements - Pommel horse - Ring - Vault - Parallel bars - Horizontal bars.		
..... 26- The player started the rotation during the championship from the fourth gymnastics apparatus in terms of overall ranking.			
(B) Vault - Floor exercises - Balance beam - Uneven bars	(A) Ground movements - Vault - Uneven bars - Balance beam		
(D) Horse vault - parallel bars - ground movements - balance beam.	(C) Parallel bars - Vault - Floor exercises - Balance beam		
..... 27- The player started the rotation during the championship from the first gymnastics apparatus in terms of overall ranking.			
(B) Hassan jumping - parallel bars - different heights - ground movements - balance beam.	(A) Horse Vault - Parallel Bars - Balance Beam - Ground Workouts		
(D) Horse vault - Ground movements - Parallel different heights balance beam.	(C) Parallel bars - Vault - Floor exercises - Balance beam		
..... 28- The player started the rotation during the championship from the fifth apparatus of the gymnastics apparatus in terms of overall ranking.			
(B) Parallel - Vault - Horizontal - Groundwork - Pommel Horse - Ring.	Parallel - Horizontal - Ground movements - Pommel horse - Pommel - Jumping horse.		
(D) Pommel horse - Pommel - Jumping horse - Parallel - Horizontal - Ground movements.	(C) Ground movements - Hassan throat - throat - horse vault - parallel bars - horizontal bar.		
..... 29- The player started the rotation during the championship from the sixth gymnastics apparatus in terms of overall ranking.			
(B) Ground movements - vault - parallel bars - horizontal bar - pommel horse - throat.	(A) Ground movements - Pommel horse - Vault - Ring - Parallel - Horizontal.		
(D) Ground movements - Pommel horse - Ring - Vault - Horizontal - Parallel bars.	(C) Ground movements - Pommel horse - Ring - Vault - Parallel - Horizontal.		
..... 20- The player started the rotation during the championship from the sixth gymnastics apparatus in terms of overall ranking.			
(B) Horse jump - parallel bars - horizontal bar - ground movements - pommel horse - chin.	(A) Horse jump - pommel horse - parallel bars - horizontal bar - ground movements.		
(D) Ground movements - Chin-up - Pommel horse - Ring - Vault - Parallel.	(C) Chin-up - Ground movements - Pommel horse - Ring - Vault - Parallel.		



(15 degrees)

Question 3: Determine the most accurate scientific terms appropriate for the following concepts

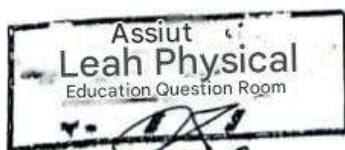
The ancient Greeks were the first to invent it; it meant the land or place prepared for physical formation.				-1
D) Acrobatic gymnastics.	C rhythmic gymnastics.	B) What is gymnastics	Artistic gymnastics.	(A)
-2- Special training to overcome several successive obstacles. Special training means that it is included in all fields and for all ages.				
D) Trampoline gymnastics	Aerobic gymnastics (C)	(B) Artistic gymnastics	Parkour gymnastics	(A)
It is the performance of a set of skills by individuals, according to their abilities, with or without a tool, in the form of a group presentation.				-2
D) Artistic gymnastics	Acrobatic gymnastics (C)	(B) General gymnastics	Rhythmic gymnastics	(A)
In it, players perform specific skills with clear rules according to what is specified by the International Gymnastics Union and according to the type of tournament and under competitive conditions to determine the players' abilities on the devices.				-3
D) Acrobatic gymnastics.	Rhythmic gymnastics. (C)	(B) General gymnastics	Artistic gymnastics.	(A)
players' performance includes specific skills with tools such as the ball, the scepter, the rope, the hoop, and the ribbon. These skills can also be performed individually or collectively.				
D) Acrobatic gymnastics.	Rhythmic gymnastics. (C)	(B) General gymnastics	Artistic gymnastics.	(A)
6- It includes performing floor gymnastics skills, especially somersaults, rotations, and twists, whether in a curved, curved, or straight line.				
D) Artistic gymnastics	Acrobatic gymnastics (C)	(B) General gymnastics	Rhythmic gymnastics	(A)
The championships of this sport can be competed in individually or in pairs, for men and women, and its skills are characterized by developing a sense of place and acquiring movement, rhythmic movement, balance and coordination of body parts, in addition to developing voluntary traits, especially self-confidence and self-reliance.				-7
D) Apparatus gymnastics	Parkour gymnastics (C)	(B) Trampoline gymnastics	Acrobatic gymnastics	(A)
- It includes skills that are performed sequentially and between a combination of expressive movements and technical skills with musical accompaniment on a 707-meter field for the individual phrase.				
D) Acrobatic gymnastics.	Rhythmic gymnastics. (C)	Aerobic gymnastics. (B)	Artistic gymnastics.	(A)
Most of his skills are performed in the air, whether they are rotations around the transverse axis, rotations around the longitudinal axis, or both.				-9
D) Balance beam device	Throat device (C)	(B) Jumping table device	Ground movement device	(A)
ليس قاصراً على الصغار فقط بل يمارسه الكبار أيضاً في صور مختلفة من حيث الاداء والاجهزة.				-10
D) Acrobatic gymnastics	Position gymnastics (C)	(B) Gymnastics games	(A) Gymnastics apparatus	
11- It is one of the artistic gymnastics devices and ranks second among the support devices in gymnastics.				
D) The horizontal device	C parallel device	(B) Throat horse device	(A) Horse vaulting device	
of the gymnastics push-ups, two hands and two legs, and ranks second in the overall gymnastics apparatus ranking.				12
D Different height crossbars	C jumping horse device	(B) Throat horse device	A parallelepiped device	
13 gymnastics support devices.				
D) Throat horse device.	Parallel bars of varying height. (C)	(B) Throat device	Ground movement device	(A)
14 gymnastics suspension devices.				
D) Throat horse device	Parallels device (C)	(B) Throat device	Ground movement device	(A)
15- It is a layer of high-density foam covered with layers of varying hardness.				
D) Fourth layer.	C third layer	B) Second layer	A first class	

*** The questions are over. We wish you success and good luck.

Course professor

Professor Dr. Walid Saleh Abdel Jawad Eid

Professor Dr. Heba Abdel-Azim Hassan





First semester final exam (basketball basics course) second year for the academic year 2024-2025

Test Instructions: Dear student:

Code: 216 H

Department to which the course belongs: Department of Curricula and Teaching of Physical Education

The time is (two hours) only, so you must take the time carefully when answering.

The exam consists of 4 pages.

Students read the questions carefully and think about them well before starting to answer them. The instructions of compulsory questions.

Check the number of test pages. Shade only one answer on the answer sheet.

Total score for the test: (5) points) divided into (Question 1 (20) points (40) items) half a point for each item) / (Question 2 (10) points (20) items) half a point for each item) / (Question 3 (5) marks (5) vocabulary) one mark for each vocabulary Question 4 (10) marks (5) vocabulary) (2) marks for each vocabulary).

(Singular) Question 3 (5) marks (5) vocabulary) one mark for each vocabulary Question 4 (10) marks (5) vocabulary) (2) marks for each vocabulary).

Half a point for each item	(20 degrees -	(F) in front of incorrect statements	(T) in front of the correct statements and mark (Question 1: Put a check mark (✓))
()	The thickness of a basketball hoop ranges from 15mm to 22mm.	2
()	The overhead pass is used in basketball when there is an opponent between the (passer) and the (receiver).	2
()	Basketball was invented in 1881 AD....	2
()	A player who puts the ball in from out of bounds may not take more than (3) seconds to put the ball in....	2
()	The basketball dribble is done by pushing the ball successively and directing it to the ground using the fingers.	2
()	The referee of a basketball game has the authority to suspend the game, which is (20 minutes) before the start of the match, and end with the end of the match.	2
()	The height of the basket for the age group of (108) years above the ground is (275 cm)	2
()	A team loses the match by withdrawal if it cannot have five (5) players ready to play after fifteen (15) minutes of play.	2
()	Match start time	2
()	The shape of the shooting arm's elbow is a factor influencing shooting accuracy.	2
()	10 The outer lines of a basketball court are not considered part of it.	2
()	11 The team has the right to request five time-outs (2) in the first period and (3) in the fourth period.	2
()	In the main phase of performing the shoulder pass skill, the ball is pushed forward with the palm of the hand....	12
()	A basketball game consists of four periods, each period being (5 minutes)....	12
()	All violations are recorded in the registration newspaper....	14
()	15 A foul is a violation of the rules involving illegal personal contact with an opponent or unsportsmanlike behaviour.	2
()	16 Stopping is considered an offensive skill with the ball in basketball.	2
()	The restricted area inside the stadium is (4.80 m) wide.	17
()	18 A player who is being encircled by defenders may not take more than 3 seconds to pass the ball.	2
()	19 The beginning of the girls' basketball game was in 1900 AD.	2
()	In basketball, there is a 15-minute break between the second and third periods.	20
()	Defending against the off-ball cutter is a defensive principle in basketball.	21
()	If the score is tied between the two teams at the end of the fourth period, the match will continue to a number of extra times, each lasting (10) minutes.	22