

# G.K. *in* Sports & Games

A collage of sports-related images. In the top right, a hand holds a white baseball with red stitching. Below it, a badminton shuttlecock is shown. In the bottom right, a small globe is visible. On the left side, there are two medals with blue silhouettes of athletes. The background is a mix of dark and light colors with a grid pattern.

**Dr. S. Navaraj Chelliah**

M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI



# **GK in SPORTS & GAMES**

**Dr. S. Navaraj Chelliah**

**M.A.M.P.Ed., Ph.D.D.Litt, D.Ed., FUWAI**



**RAJMOHAN PATHIPPAGAM**

**No.8, Police Quarters Road,  
T. Nagar, Chennai - 600 017.**

**Phone : 044 - 2433 2696**

**Cell : 9444 280 158**

**Name of the Book : GK in Sports & Games**

**Author : Dr. S. Navaraj Chelliah**

**First Edition : October 1997**

**Second Edition : March 2000**

**Third Edition : December 2009**

**No. of Pages : 96**

**Paper used : NS Book Print**

**Rupees : 30-00**

**Binding : Paper Board**

**Binding : Rajmohan Pathippagam  
'Lilly Bhavanam'  
No.8, Police Quarters Road,  
T. Nagar,  
Chennai - 600 017.**

**Printed at : Colour wings,  
Chennai - 600 005.**

## **PREFACE**

Dr. S. Navaraj Chelliah is a great name in the literary world of Physical Education in Tamilnadu.

It is no wonder he annexed the National Awards three times and also Tamilnadu State Award for his books.

He has written more than 175 books both in Tamil and English.

This book "**GENERAL KNOWLEDGE IN SPORTS AND GAMES**" will be of great use especially to the school boys and girls and to the public interested in acquiring knowledge in this field.

The knowledge on sports and games will motivate the readers to take part in sports activities more and more.

Such a contributory endeavour of Dr. S. Navaraj Chelliah should be encouraged by patronising his literature.



I was surprised to see that he spends most of his time to contribute much to the field of Sports and Games, Health Education and Physical Education.

He is the only Physical Educationist who resigned his job to find more time to put his pen on the paper to bring more and more books on sports and games.

Apart from his talents in writing, I have come to know that he is a play wright, a poet, and an actor and Music Director too. He is propagating sports and games through Telivison and Radio. He has also produced and directed a full length commerical Tamil film by name "**OTTA PANTHAYAM**" and has released a Sports Cassette to propagate the sports interest among the public.

**Dr. J. DAVID MANUEL RAJ**

*M.A., M.P.E.d., Ph.D.,*



**I. ANSWER IN ONE WORD**

1. Which Tournament is connected with Titan Cup?...
2. Which country won the Titan Cup?
3. What is the Colour of the Olympic Flag?
4. How many rings are there in an Olympic Flag?
5. In which game, India won the Gold Medal in Olympic Games?
6. What is the name of the longest distance run in the Olympics?
7. How many events are there in a Decathlon event?
8. How many lanes are there in a Standard Track?
9. Which country's citizen is Tennis Star Stefi Graf?
10. Who is the Indian Player who won Bronze Medal in 1996 Olympics?
11. What is the time gap between two Olympic Games?
12. What is the length and breadth of a Kho Kho field?



13. How many players are there in a Foot Ball team?
14. Name one game of Net - ball games?
15. What is the colour of the Hockey ball?
16. What is the height of a ring in Basket Ball game?
17. What is the height of a Foot Ball goal?
18. What is the full name of the Cricket Captain of India?
19. Where did Ancient Olympics start?
20. How many players are there in a Kho Kho team?
21. Which country won the 1996 One day Cricket Tournament held in India?
22. Who is the Indian Grand Master in Chess?
23. What is the height of a post in the Kho Kho field?
24. The former President of Indian Olympic Association is a Tamilan. What is his name?
25. Who was praised as Golden Girl among Indian Athletes?
26. When did Modern Olympic Games start?
27. For how many days Modern Olympic Games are



conducted?

28. Who started the New Olympic Games?
29. Who is the President of International Olympic Council?
30. Where is Wimbledon Tournament conducted?
31. Where was Olympic Games conducted in 1996?
32. Where is Mayor Radhakrishnan Stadium in Chennai?
33. For how many days, the Decathlon events are conducted?
34. What is the original name of the famous Boxer Mohammed Ali?
35. Who is the Queen who started the Ancient Olympic Games for Women?
36. What is the time gap for World Cup Foot Ball Tournament?
37. Which country has won the Foot Ball World Cup many times?
38. How many squares are there in a Chess Board?
39. How many coins are there in a Carrom game?



40. What is the length and breadth of a Women's Kabaddi court?
41. How many feathers are there in a Shuttle Cock?
42. What is the height of the net in Shuttle Badminton game?
43. How many sitting squares are there in a Kho Kho field?
44. What is the length and breadth of a Basket Ball court?
45. What is the total playing time (including interval time) in a Basket Ball match?
46. How many runners are there in a relay team?
47. What is another name in English for Dhanurāsana?
48. In which game, Magic Johnson is the best player?
49. In which game, Maria Irudayam is the best player?
50. How many events are there in Heptathlon event?
51. Who banned the Ancient Olympic Games?
52. How many events are there in a Triathlon event?
53. How many times Olympic Games were not conducted?

54. How many hurdles are there in a Hurdle Race?
55. What is the weight of a shotput in boy's event?
56. What is the weight of a discus in men's event?
57. In which Jumping event, Fosbury Flop is used?
58. How many balls are bowled in an over in a Cricket match?
59. Which game is played for the Ashes Cup?
60. In Which Jumping event, Walking in the air style is used?
61. In which exercise pattern, Pranayama is practised?
62. How many chances are there to clear a particular height in High Jump?
63. In which year did India conduct Olympic Games?
64. What is the distance of a Marathon Race?
65. Name the winner of 4 Gold Medals won in one Olympic Game?
66. How many throwing events are there in an Athletic meet?
67. In which throwing event, O'brian style is used?



68. What is the distance of a Cricket pitch between two wickets?
69. What is the height of a wicket in cricket?
70. What is the length and breadth of a Cricket bat?
71. How many regular players are there in a Basket Ball team?
72. What is the length and breadth of a Volley Ball court?
73. For how many days , Asian games are conducted?
74. What is the breadth of a lane in a standard track?
75. Which game is played for Aditanar Trophy?
76. Which game is played for Davis Cup?
77. What is the Olympic record in Men's 100 metre Dash?
78. When was the Ancient Olympic games banned?
79. What is the weight of a Cricket Ball used in Women's Cricket?
80. How many major tournaments should be won to get GRANDSLAM tittle in Tennis?

81. How many black coins are there in a Chess game?
82. How many white coins are there in a carrom game?
83. What is the distance of boundary lines in a Cricket field?
84. How many regular and substitute players are there in a Basket Ball team?
85. What is the distance of a 3 point circle in the Basket Ball court?
86. What is the length and breadth of a Hockey ground?
87. What is the weight of a Hockey stick?
88. What is the height of the net in men's Volley Ball game?
89. What is the standard length and breadth of a Foot Ball field?
90. What is the playing time for one half in a Foot Ball match?
91. What is the playing time for one half in a Hockey game?



92. How many points are there for a LONA in a Kabaddi match?
93. What is the length of the crossbar in the High Jump event?
94. Who has won twice the Marathon Race in Olympic games? (Men section)
95. How many Modern Olympic Games have been conducted till now?
96. How many Gold Medals Jessi Owens won in a single Olympic Games?
97. In which State, Raja Rathinam Stadium is situated?
98. How many times have India conducted the Asian Games?
99. Who is the batting record holder in a Test match?
100. Where is Bharathi Stadium situated?
101. Where is Jawaharlal Stadium situated?
102. Which game is played in M.A. Chidambaram Stadium?
103. What is the name of the Cricket Stadium in Bangalore?

104. In which stadium Asia Cup Cricket final was conducted? (1997)
105. Who invented the Volley Ball game?
106. What is the name of the game Dr. James Naismith found out?
107. What is Kapil Dev's bowling record in one day Cricket match?
108. What is the colour of the coat won by the umpire in Test Cricket matches?
109. How many officials are there in a Foot Ball match?
110. What is the length of a Hockey Stick?
111. What is the weight of a Human brain?
112. What is the meaning of the word disease?
113. What is the height of the Table Tennis Board?
114. What is the height of the net in Table Tennis game?
115. What is the height and length of a wicket in cricket?
116. What is the breadth of a cricket pitch?



117. For how many fouls, a player is disqualified from the Basket Ball match?
118. What is the height of the net in Women's Volley Ball game?
119. What is the distance of the striking circle from the end line in Hockey game?
120. Who was awarded "The title the Titan of Titans" in the 1996 Titan Cricket Tournament?
121. Where were first Modern Olympic games conducted?
122. Who was the sprinter whose gold medal was snatched back because of his doping case?
123. In which game, Dyan Chand was the Wizard of the game?
124. Who is receiving the Thronochariar Award in sports?
125. Who is receiving the Arjuna Award in Sports field?
126. How many minutes are there for a round in a Boxing competition?

127. What is the name of the Tennis Tournament held in England?
128. Write the name of the Tamilnadu famous swimmer who is studying in a school now?
129. What is the name of the Physical Education College situated in Chennai?
130. Who was praised as the Flying Sikh in India?
131. Who was praised as the Queen of Athletics in India?
132. What do the coloured rings in the Olympic Flag denote?
133. In which jumping event, Scissor style is used?
134. In which Throwing event, Disco put is used?
135. What is the breadth of a Volley Ball court?
136. What is the height of the net in a Ball Badminton game?
137. In which country, Basket Ball was originated?
138. In which country, Volley Ball was invented?
139. In which country, Carrom was originated?
140. In which country, Kho Kho game was born?



141. In which country, Chess game was first started?
142. What is the time gap between two Olympic Games?
143. What is the time gap between two Asian Games?
144. What was the prize for the Olympic winners in Ancient Olympic games?
145. How many relays are there in an Olympic games?
146. In which event, did India win Bronze Medal in Olympics Games?
147. What is the short distance race in Olympic games?
148. What is the name of the long distance race combined events of hurdling, racing and water jumping in Olympic games?
149. How many events are there in Hurdles events?
150. How many types are there in running races?
151. How many Hurdles are there in a 400 M race?
152. How many throwing events are there for women in the Olympic games?

153. How many jumping events are there for women in the Olympic games?
154. What is the name of the equipment used in the track event to make a quick start?
155. How many runners are there in a 4x400 M relay team?
156. In which material the relay baton is made up of?
157. How many types are there in relay baton exchange?
158. What is the name of the stadium in Chennai which conducts Athletic competitions?
159. What is the name of the Physical Education College in Karaikudi?
160. What is the basic unit of the human body?
161. What is the name for the combination of cells?
162. What is the name for the constitution of tissues?
163. Which is the hardest part in our body?
164. What is the meaning of the Word 'Vitamin'?
165. What is the disease caused by the deficiency of Vitamin 'A'?
166. What is the disease caused by the deficiency



Vitamin 'B'?

167. What is the disease caused by the deficiency of the Vitamin 'C'?
168. What is the disease caused by the deficiency of Vitamin 'D'?
169. What are the names for the fire and acid injuries?
170. How many players are there in a Throw ball team?
171. What is the height of the goal post in Hockey game?
172. What is the playing time of one half of a Basket ball match?
173. What is the name of the First Kick at the beginning of the Foot Ball match?
174. How many players take part in the Foot Ball penalty Kick?
175. How many players are there in a Kabaddi team?
176. What is the height of the Tenikoit post?
177. What is the measurement of a Square in Kho-Kho field?
178. What is the duration of a TURN in a Kho-Kho

match?

179. How many players can come to take part in running at a time in a Kho - Kho match?
180. How many players are there in a cricket team?
181. What is the colour of a Tennis Ball?
182. What is the weight of a Table Tennis ball?
183. How many stumps are there in a wicket?
184. What is the height of a wicket?
185. How many players can be in the ground during the playtime of a cricker game?
186. How many situations are there for a batsman to be declared out?
187. How many players are there in a Women's Kabaddi team?
188. What is the duration of one half of a Women's Kabaddi match?
189. What is the measurement of a Kabaddi ground for men?
190. How many points are there for a Lona in a Kho - Kho match?
191. What is the height of the net in the Tenikoit game?



192. What is the measurement of a Tenikoit Court?
193. What is the diameter of a Tenkoit ring?
194. What is the weight of a Tennis ball?
195. What is the width of a Table Tennis Table?
196. What is the colour of playing surface of a Table Tennis Table?
197. What is the height of a Hand Ball goal?
198. What is the other name of Asana?
199. How is Padmasana Called in English language?
200. How is Halasana Called in English language?
201. How is Pujangasana called in English language?
202. What is the English name for Tadasana?
203. What is the name of the breathing method used in Yoga system?
204. What is the technical term for "Breathing out"?
205. In which year Asian games started?
206. Who gave the advice for banning old Olympic games?
207. What is the world record in men's long jump event?
208. How many days Ancient Olympic games were conducted?

209. How many years once Common Wealth games are conducted?
210. How many Red coins are there in the Carrom board?
211. How many events are there in Pentathlon?
212. In which year did India participate in Olympic Games?
213. In which year women took part in Olympic games?
214. In which game KNOCK OUT is given?
215. Mention the places where the Tennis tournaments should be won to win a Grandslam title?
216. Which place is called the Mecca for Tennis?
217. Mention two kinds of relay races?
218. How many methods are there to exchange baton in a relay?
219. What is the measurement of the take-off board in the Long Jump event?
220. How many chances are given to jump for a final result in Long Jump?
221. What is the weight of the shotput for the women event?



222. What is the weight of the shotput thrown by persons below 18?
223. How many times has India conducted the Asian Games?
224. In which year, has India started conducting Asian Games?
225. What is the world batting record in Test matches?
226. What is the diameter of a shotput circle?
227. How fast can a man run the 100 M race per hour?
228. Who has run such a fantastic race?
229. What is the weight of a Monkey's brain?
230. What is the weight of a Dog's brain?
231. What is the weight of the lungs of a man?
232. What is the capacity of our lungs to hold more Oxygen?
233. How many bones are there in our body?
234. How many muscles are there in our body?
235. How many skeletal muscles are there in our body?
236. How many joints are there in our back bone?
237. How many pairs of bones are there in our Chest?
238. Who was the founder of Basket Ball game?

239. Who was the founder of Base Ball game?
240. Who was the founder of soft ball game?
241. Who was the founder of Tennis game?
242. Who was the founder of Rugby game?
243. Who was the founder of the Western style in High Jump?
244. Who was the founder of the Fosbury style in High Jump?
245. Who founded the straddle roll in High Jump?
246. Who started the crouch start in 100 M running?
247. Who was the founder of the starting block?
248. In which game Mallaswari is best?
249. What is the colour of the banian won by a Basket Ball referee?
250. What is the colour of the dress won by a Foot Ball referee?
251. What is the length and breadth of a Ba ket Ball court?
252. What is the colour of the coat won by a cricket umpire?
253. How many types of fouls are there in a Basket Ball game?



- 254. What is the duration of rest time in Basket Ball?
- 255. What is the height of a water polo goal?
- 256. What is the weight of a Hockey ball?
- 257. What is the net height in Tennis Game?
- 258. What is the height for the antenna in the side of the Volley Ball net?
- 259. What is the weight of a Volley Ball?
- 260. How many points should be taken to win a game in a Volley Ball match?
- 261. When the points are equal, how many more points should be taken to win a game in Volley Ball?
- 262. What is the diameter of Football centre circle?
- 263. What is the total duration of a Football game?
- 264. How many officials are there in a Hockey game?
- 265. What is the length and breadth of a Table Tennis table?
- 266. How many points are needed to win a game in Table Tennis game?
- 267. What is the national game of America?
- 268. Who is known as Chess king?
- 269. Which game did Donald Brad man play?

270. What is the diameter of the circle in Discus?
271. What is the weight of a women's javelin?
272. What is the length of a women's javelin?
273. What is the meaning of the Sanskrit word Suptha?
274. What is the total playing time in a Kho-Kho match?
275. How many times Olympic games have been stopped? Mention the years?
276. Where will be the Olympic games in 2000 conducted?
277. To which country, the father of Modern Olympics belong?
278. Who gave the idea to start Marathon Race?
279. Who was the winner of the first Marathon Race?
280. Who has won twice the Marathon Race in Olympic games?
281. How many events are there in a Triathlon event?
282. What is the Olympic motto?
283. Who conceived this idea of Olympic motto?
284. In which Olympic game, the Olympic flame was introduced?



285. What is the first name given to common Wealth games?
286. How many changes take place in a Ball Badminton game?
287. Name 2 types of fouls in Basket Ball game?
288. How many games to win for a set in a Tennis match?
289. What is the name of a winning service in Tennis which an opponent is unable to touch with his\her racket?
290. Who was the founder of Throw Ball?
291. Who was the founder of O'brien style in shot put?
292. How many points to be won for a carrom game?
293. How many innings are to be played in a soft ball match?
294. What is the length of the jumping pit in High Jump event?
295. Can you participate in high jump competition wearing one spike in one leg only?
296. How many chances are given on each height in Pole vault event?
297. Who is the lady athlete who won 4 gold medals

- in one Olympic games?
298. Who is called 'The Human Locomotive'?
299. Who started the Ancient Olympic games for women?
300. To which country did India lose first time in Hockey (1960) Olympic games after winning so many golds?
301. Who is the Tamil player in whose captainship did India win a gold in Hockey in 1980 Olympic games?
302. How many Pockets are there in a Carrom Board?
303. What is the meaning of LBW in Cricket?
304. What are the three types of start in sprint events?
305. What is the length of a Base Ball Bat?
306. What is the distance of the Baulk line in Kabaddi ground for women?
307. How many substitutes are there in a Kabaddi team?
308. How many minutes are given for rest in a Volley Ball match?
309. What is the rest time for Rest (Time out) in a Basket Ball match?



310. Within how many minutes should a cricket team send a batsman to the pitch to replace the batsman who is declared out?
311. What is the net height of Sub - Junior Volley Ball match?
312. How many players make a soft ball team?
313. Expand the term ICC?
314. What is SAI?
315. What denotes the term RDS?
316. What is the width of a Badminton Racket?
317. What are the two types of style adopted in International weight lifting?
318. What is the length and breadth of a Boxing ring?
319. Which is the motherland of Polo game?
320. Which is the motherland of Shuttle Cock game?
321. When Shuttle Cock game was first played in India, what was its original name?
322. Who founded the Judo?
323. How many Players are there in a team in a water polo game?
324. Who is nicknamed as Haryana Hurricane?
325. What is the national sport of Japan?

326. How many officials are there in a Kho-Kho match?
327. How many officials are there in a Kabaddi match?
328. How many officials are there in a Ball Badminton match?
329. How many officials are there in a Hockey match?
330. What is the colour of the badminton ball?
331. What is the length of a badminton Racket?
332. How many points are there for one game in a badminton match?
333. How many hands are allowed to serve in the beginning of a Ball Badminton game?
334. Who is awarded the tittle of Man of the Series in Pepsi Asia Cup (1997)?
335. In which stadium the final match of Pepsi Asia Cup Cricket match was held?
336. Which country conducted the Pepsi Asia cup mathces?
337. How many countries took part in Pepsi Asia Cup?
338. What is the origin year of Water polo?
339. Which is the mother of land of Table Tennis?



340. Which is the mother land of Polo?
341. Who is the Presidednt of Indian Olympic Association?
342. Play the game is the spirit of the game" Who said this?
343. Where is Wimbledon tournament conducted?
344. What is the length of a Tennis Racket?
345. What is the length of a Soft Ball bat?
346. Who was the coach for P.T. Usha?
347. What is the cash prize for Arjuna Award?
348. What is the cash prize for ThronaChariar Award?
349. What is the cash prize of Rajiv Gandhi Khel Ratna Award?
350. Where is the world famous Eden Garden Stadium situated?
351. Where is the Wimbledon Stadium situated?
352. Which tournament is connected with Asia Cup?
353. Who sponsored the 1997 Asia Cup?
354. Which country won the 1997 Asia Cup?
355. What is the name of the winning team Captain?

**1. ONE WORD ANSWERS**

- |                    |                                 |
|--------------------|---------------------------------|
| 1. One day Cricket | 16. 10 Feet                     |
| 2. Sri Lanka       | 17. 8 Feet                      |
| 3. White           | 18. Sachin Tendulkar            |
| 4. Five            | 19. Greece                      |
| 5. Hockey          | 20. 9 players                   |
| 6. Marathon Race   | 21. Sri Lanka                   |
| 7. 10 events       | 22. Viswanathan Anand           |
| 8. 8 Track         | 23. 120 c.m.                    |
| 9. Germany         | 24. Sivanthi Adityan            |
| 10. Leander paes   | 25. P.T. Usha                   |
| 11. Four years     | 26. 1896 A.D.                   |
| 12. 29m x 16m      | 27. 16 days                     |
| 13. 11 Players     | 28. Baron Piere<br>de Coubertin |
| 14. Volley Ball    |                                 |
| 15. White          | 29. Antonia Samaranch           |



- |                     |                                |
|---------------------|--------------------------------|
| 30. England         | 47. Bow Asana                  |
| 31. Atlanta (U.S.A) | 48. Basket Ball                |
| 32. Egmore          | 49. Carrom                     |
| 33. 2 days          | 50. 7 events                   |
| 34. Cassius clay    | 51. Emperor Theodosius         |
| 35. Queen Hera      | 52. 3 events                   |
| 36. 4 years         | 53. 3 times (1916, 1940, 1944) |
| 37. Brazil          | 54. 10 hurdles                 |
| 38. 64 squares      | 55. 5 K.G                      |
| 39. 19 coins        | 56. 2 K.G.                     |
| 40. 11m x 8m        | 57. High Jump                  |
| 41. 14 to 16        | 58. 6 Balls                    |
| 42. 5 feet          | 59. Cricket                    |
| 43. 8 Squares       | 60. Long Jump                  |
| 44. 28m x 15m       | 61. Yoga                       |
| 45. 5 minutes       | 62. 3 chances                  |
| 46. 4 runners       | 63. Not yet                    |

- |                                                         |                                |
|---------------------------------------------------------|--------------------------------|
| 64. 26 miles and 385 yards                              | 81. 16 coins                   |
| 65. Jesse Owens                                         | 82. 9 coins                    |
| 66. 4 Events                                            | 83. 75 yards                   |
| 67. Shot put                                            | 84. 5 regular players          |
| 68. 22 yards (20.12m)                                   | and 7 substitutes              |
| 69. 28 inches                                           | 85. 6.25m                      |
| 70. Length 38 inches.<br>breadth $4 \frac{1}{4}$ inches | 86. 100 yards and<br>60 yards  |
| 71. 5 players                                           | 87. 280 ounces                 |
| 72. 18m x 9m                                            | 88. 2.43m                      |
| 73. 16 days                                             | 89. 120m x 90m                 |
| 74. 1.22m to 1.25m                                      | 90. 45 minutes                 |
| 75. Kabaddi                                             | 91. 35 minutes                 |
| 76. Tennis                                              | 92. 2 points                   |
| 77. 9.84 secs                                           | 93. 4 to $4 \frac{1}{4}$ metre |
| 78. 393 A.D.                                            | 94. Abeb Bihila                |
| 79. 5 Ounces                                            | 95. 23 times                   |
| 80. 4 Tournaments                                       |                                |



- |                                               |                                  |
|-----------------------------------------------|----------------------------------|
| 96. 4 gold medals                             | 113. 21/2 feet                   |
| 97. Chennai (Tamilnadu)                       | 114. 6 inches                    |
| 98. 2 times                                   | 115. Height 28 inches,           |
| 99. Brian lara                                | width 9 inches                   |
| 100. Neyveli                                  | 116. 3.05 metres                 |
| 101. Chennai & Delhi                          | 117. 5 fouls                     |
| 102. Cricket                                  | 118. 2.24m                       |
| 103. Chinnasamy Stadium                       | 119. 16 yards                    |
| 104. Premadasa Stadium                        | 120. Alan Donald                 |
| 105. Dr. William G. Morgan                    | 121. Athens                      |
| 106. Basket Ball                              | 122. Ben Johnson                 |
| 107. 432                                      | 123. Hockey                      |
| 108. White                                    | 124. Best Coaches                |
| 109. 4 (1 Referee 2 Line<br>Umpires 1 Scorer) | 125. Best players or<br>Athletes |
| 110. 1 Metre                                  | 126. 3 minutes                   |
| 111. 3 lbs                                    | 127. Wimbledon                   |
| 112. Dis+ease = uncomfort                     | 128. Kutraleeshwaran             |

- |                                   |                                                |
|-----------------------------------|------------------------------------------------|
| 129. YMCA College                 | 146. Tennis                                    |
| 130. Milka Singh                  | 147. 100m Dash                                 |
| 131. P.T. Usha                    | 148. Steeple Chase race                        |
| 132. Continent                    | 149. 2 events for men                          |
| 133. High Jump                    | (110 M.H. and 400 M H)                         |
| 134. Shotput                      | 2 events for women 100 m H                     |
| 135. 9 Metres                     | and 400 m H)                                   |
| 136. 6 feet                       | 150. 6 types                                   |
| 137. U.S.A.                       | 151. 10 hurdles                                |
| 138. U.S.A.                       | 152. 3 events                                  |
| 139. Tamilnadu                    | 153. 2 events                                  |
| 140. India                        | 154. Starting block                            |
| 141. India                        | 155. 4 runners                                 |
| 142. 4 years                      | 156. Wood                                      |
| 143. 4 years                      | 157. 2 types                                   |
| 144. Olive wreath                 | 158. Rajarathinam Stadium                      |
| 145. 2 for men and<br>2 for women | 159. Alagappa College of<br>Physical Education |



- |                      |                              |
|----------------------|------------------------------|
| 160. Cell            | 176. 6 feet 1 inch           |
| 161. Tissue          | 177. 30 cm X 30 cm           |
| 162. Organ           | 178. 9 Mintues               |
| 163. Bones           | 179. 3 Defenders             |
| 164. Life            | 180. 11 Players              |
| 165. Night Blindness | 181. Yellow                  |
| 166. Beri Beri       | 182. 2.40 to 2.53 grams      |
| 167. Scurvey         | 183. 3 stumps                |
| 168. Rickets         | 184. 28 inches               |
| 169. Burns           | 185. 13 players (11 Fielders |
| 170. 9 players       | and 2 Batsman                |
| 171. 7 feet          | 186. Nine situations         |
| 172. 20 mintues      | 187. 7 players               |
| 173. Kick-Off        | 188. 15 mts (15m/5m/15m)     |
| 174. 2 players       | 189. 12.5m X 10 m            |
| 175. 7 players       | 190. No points               |
|                      | 191. 6 feet                  |

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 192. 40 feet X 18 feet            | 207. 8.96 Metres            |
| 193. 7 inches                     | 208. 5 days                 |
| 194. 2 to 2 $\frac{1}{16}$ ounces | 209. 4 years                |
| 195. 9 feet X 5 feet              | 210. 1 coin                 |
| 196. Green                        | 211. 5 events               |
| 197. 2 metre                      | 212. 1928                   |
| 198. Posture                      | 213. 1928 Amsterdam         |
| 199. Lotus posture                | 214. Boxing                 |
| 200. Plough posture               | 215. England, U.S.A,        |
| 201. Cobra post                   | France, Australia           |
| 202. Mountain posture             | 216. Wimbledon              |
| 203. Prana yama                   | 217. Shuttle relay and      |
| (puraga : Resaga :                | medley relay                |
| kumbaga, sanyaga)                 | 218. 2 methods (visual and  |
| 204. Exhaling                     | non-visual)                 |
| 205. 1951                         | 219. 1.22m long & 20cm Wide |
| 206. Father Anburose              | 220. 6 chances              |



- |                           |                             |
|---------------------------|-----------------------------|
| 221. 4 kg.                | 239. Abner Doubleday        |
| 222. 5 kg.                | 240. George Hencock         |
| 223. 2 times              | 241. Major wing field       |
| 224. 1951                 | 242. William Web Ellis      |
| 225. 375                  | 243. Horine                 |
| 226. 2.135 M              | 244. Dick Fosbury           |
| 227. 40 mph               | 245. Harold Osborn          |
| 228. Carl Louis of U.S.A  | 246. Charles Shril          |
| 229. 1 lb                 | 247. George Prenaham        |
| 230. 1/2 lb               | 248. Weight Lifting         |
| 231. 2 1/4 k.g            | 249. Sky Blue cololur       |
| 232. 1000 square feet     | 250. Black Shirt            |
| 233. Above 206.           | 251. 28m X 15m              |
| 234. Above 600            | 252. White                  |
| 235. 650 Skeletal muscles | 253. 2 types                |
| 236. 33 Joints            | 254. 1 mintue               |
| 237. 12 pairs             | 255. 3 feet above the water |
| 238. Dr. James naismith   |                             |

- 
- |                           |                                                                   |
|---------------------------|-------------------------------------------------------------------|
| 256. 5 1\2 to 5 3\4 ounce | 273. Sleep                                                        |
| 257. 3 feet               | 274. 50 mintues                                                   |
| 258. 180 cm               | 275. 3 times (1916,1940, 1944)                                    |
| 259. 260 to 280 grms      | 276. Sydney (Australia)                                           |
| 260. 15 points            | 277. France                                                       |
| 261. 2 points             | 278. Michel Breal                                                 |
| 262. 10 yards (9.15m)     | 279. Spiridon Louis                                               |
| 263. 45m +10 m + 45M      | 280. Abeb Bikila (Ethiopia)                                       |
| 264. 3 Officials          | 281. 3 events                                                     |
| 265. 9 feet X 5 feet      | 282. Citius - Altitus, Fortius<br>(Faster, Higher, Stronger)      |
| 266. 21 points            | 283. Rev. Father Diclon.<br>(Head master of a<br>school of Paris) |
| 267. Base ball            | 284. In 1928 (Amstredam<br>Games)                                 |
| 268. Boby Fisher          | 285. British Empire Games                                         |
| 269. Cricket              | 286. 3 changes (8,15 & 22 points)                                 |
| 270. 2.50 metre           |                                                                   |
| 271. 600 grams            |                                                                   |
| 272. 2.20 to 2.30 m       |                                                                   |



- 
- |                             |                            |
|-----------------------------|----------------------------|
| 287. personal and technical | 304. Crouch start, Medium  |
| 288. 4 points (0,15, 30,40) | start, Eloganted star      |
| 289. Ace                    | 305. 36 to 37 inches       |
| 290. Mary Crow Buck         | 306. 2.50 M                |
| 291. Parry O'brien          | 307. 5 Subsititues         |
| 292. 29 points              | 308. 1 mintue              |
| 293. 5 innings              | 309. 1 mintue              |
| 294. 4 to 5 metres          | 310. 2 minutes             |
| 295. Yes                    | 311. 2.10 metres           |
| 296. 3 chances              | 312. 9 players             |
| 297. Mrs. Blankers koen     | 313. International cricket |
| 298. Emil Zetapeck          | conference                 |
| 299. Hera                   | 314. Sports Authority of   |
| 300. Pakistan               | India                      |
| 301. V. Baskaran            | 315. Republic Day Sports   |
| 302. 4 pockets              | 316. 9" wide               |
| 303. Leg Before Wicket      |                            |

- 
- |                              |                        |
|------------------------------|------------------------|
| 317. Snatch & clean and Jerk | 336. Sri Lanka         |
| 318. 20 feet X 20 feet       | 337. 4 Countries       |
| 319. India                   | 338. 1885 A.D.         |
| 320. India                   | 339. England           |
| 321. PUNA                    | 340. India             |
| 322. Dr. Jigaro Kano         | 341. Suresh kalmadi    |
| 323 7 players                | 342. Jawaharlal Nehru  |
| 324. Kapil Dev               | 343. England           |
| 325. Judo                    | 344. 27 inches         |
| 326. 7 Officials             | 345. 20,000 Rupees     |
| 327. 7 Officials             | 346. O.M. Nambiar      |
| 328. 4 Officials             | 347. 20,000 Rupees     |
| 329. 3 Officials             | 348. 40,000 Rupees     |
| 330. Yellow                  | 349. 1 lakh Rupees     |
| 331. 2" to 2 feet 3" inches  | 350. Calcutta          |
| 332. 29 points               | 351. London            |
| 333 5 Hands                  | 352. Cricket           |
| 334. Arjuna Ranathunga       | 353. Pepsi             |
| 335. Premadasa Stadium       | 354. Sri Lanka         |
|                              | 355. Arjuna Ranathunga |



**II. QUESTIONS AND ANSWERS**

1. How many types are there in the Kabaddi game?

Three Types - Gominee, Amar and Sanjeevani

2. How many numbers should a competitor wear in Track and Field events?

Two - one in front and one in back.

3. How many gold medals were won by mark Spitz in 1972 Olympics?

Seven in Acquatics

4. What is Lona in Kabaddi?

When all the seven players are out, a Lona is called. Two extra points will be given.

5. What is sudden death rule?

A period of extra play to break a tie that terminates when one side scores, gains a lead, or reaches a predetermined number of points. The most commom situation is in team games like football, soccer, or hockey in which the team that scores first during the sudden death period wins immediately and further play is unnecessay.

6. Is there any game named after a place?  
Badminton. Badminton is the name of a Town of Gloucestershire, of England.
7. How many times did India win Gold medals in Hockey in Olympics?  
Eight times (1928 to 1960 and 1980)
8. How many types of "outs" are there in cricket to make a batsman out?  
Nine outs, Bowled, Caught, handled the ball, Hit the ball twice, Hit wicket, leg before wicket, obstructing the field, Run out and stumped.
9. What is baulk line in Kabaddi?  
Each of the Lines in a court, parallel to the mid-line 3 meters from the mid line for men., and 2,5 mts. for women.
10. Where will be the next Olympics held?  
Sydney, 2000
11. How to break the tie in High jump?  
Lowest number of attempts at the tying height.  
Lowest number of failures through out the competitions.  
Lowest number of attempts throughout the competitions



if there is a tie for the 1st place, by either raising or lowering the cross bar.

12. In which year was the Amateur Athletics Association of India Started?

1944

13. What is Googly type of Bowling in Cricket?  
Off break bowled with leg break action.

14. How many cross lines are there in the Kho-Kho field?

Eight

15. When was the Volley Ball Federation of India started?

1951

16. What is dead heat?

A race in which two or more contestants finish exactly at the same time. thus a tie.

17. In which year was Hockey introduced in Olympics?

1908, London Olympics

18. How many types of defensive fieldings are there in Cricket?

Two. orthodoxy and long barrier

19. How many medals did Nadia Comaneci win in Gymnastics in Montreal?  
Four - 3 Gold and 1 bronze.
20. What is 'LET' in Tenikoit?  
In service, ring touching the net and falls in the correct court, it is called let. Re-service will be given
21. Who is the first woman Arjuna Award Winner in Volley Ball?  
Reddy of Andhra Pradesh.
22. Who is called the king of Foot ball in the World?  
Pele (Full name : Edmond Arantos Nessirmente De Pele)
23. What does N.I.S. Stand for?  
National Institute of Sports
24. In which year was the Board of Control of Cricket in India Started?  
1928.
25. What is Double Officiating?  
Two officials with almost equal powers in taking decisions during the conduct of a game. E.g. Basket ball, Kho-Kho, Hockey etc.



26. In which year was the Lawn Tennis Association Started?  
1910
27. What is the elaboration of S.N.I.P.E.S ?  
Society for the National Institute of Physical Education and Sports.
28. Who is the founder of the first Physical Education College in India?  
Harry Crow Buck - (1920) Y.M.C.A. College of Physical Education of Madras.
29. In which year was the Ranji Trophy started?  
1934.
30. To which game is "Santhosh Trophy" attached?  
Foot ball
31. What is Cant in Kabaddi?  
Repeated and clear sounding aloud of approved word 'KABADDI' within the course of one respiration.
32. Who financed the first Indian Olympic team?  
Tatas
33. In which year was the All India Council of Sports formed?  
1954.

34. What is Scissors Kick?

A Kick of the ball made by a player who jumps up kicking first one leg into the air and then the other, striking the ball above the head on the second kick usually driving it to the rear.

35. What is Olympic Rings stand?

Blue ring for Europe, Yellow for Asia, Black for Africa, Green for America and Red for Australia (total 5 Rings)

36. In which year was the Indian Kabaddi Federation Started?

1952.

37. In which year was the Lawn Tennis Association Started?

1910

38. What is Olympics?

A programme of amateur sports competition held in every 4 years a different places more than 190 nations competing.

39. Who is Jockey?

A professional rider who rides, controls, and rates a throughbred in a race.



40. Explain the term Back Hander?

The term is used often in Boxing (an illegal blow). A foul blow delivered with the back side of the hand or fist.

41. What are the events included in Pentathlon?

Long Jump, Discus throw, Javelin, 1500 mts and 200 mts for men.

200 Metres 80 meters Hurdles, High Jump, Long Jump and Shot put for women.

42. What is "Deuce" in Tennis?

When the score is each. A tie after each side has a score of 40.

43. Who got the Padmashri Award in Physical Education?

Dr. P.M. Joseph

44. In which place were the first Nationals held in Basket Ball?

New Delhi - 1934.

45. What are the letters C.A.B.P.E.R stand?

Central Advisory Board of Physical Education and Recreation.

46. In which year was the National Institute of Sports Instituted?  
1961 Patiala
47. Who is the First President of the Indian Olympics?  
Mr. Dorabji Tata
48. What is the lost ball in Cricket?  
If a ball in play cannot be found or recovered by any fieldsman, we may call it 'LOSTBALL', 6 runs shall be added. If more than 6 runs taken before lost ball called, all the runs taken will be added.
49. When was the Olympic flame introduced for the first time?  
1928, Amsterdam Olympics
50. In which year was the Photo-finish electric time keeping technique introduced in Olympics for noting records?  
1964, Tokyo Olympics
51. What is recede in Kho-Kho?  
When an active chaser while going in a particular direction, goes in the opposite direction it is recede; it is a foul



52. In which year was the Olympic village constructed to accommodate athletes?  
1932, Los Angles Olympics
53. In which year was the All India Foot ball Federation started?  
1937.
54. Who invented the name Volley Ball?  
A.T. Halstead of U.S.A.
55. What are the events in Decathlon?  
100 mts. Long jump, High jump. shot put and 400 mts. for first day.  
110 mts. Hurdles, discus throw, pole vault, javelin and 1500 mts. on second day.
56. Who was the famous Indian Champion in shuttle Badminton?  
Praskash Pudukone of Karnataka.
57. To which game the "Thomas Cup" is connected?  
Shuttle Badminton?
58. What is neutral zone in Tenikoit?  
Each side of the net shall be 3 feet wide on both sides. Total 6 feet.

59. What is struggle in Kabaddi?  
When a raider or an anti touches each other, the struggle begins.
60. In which year was the Indian Olympics Association Started?  
1927
61. Who is called as active chaser in Kho-Kho?  
A player who pursues the players of the opposite side to make them out.
63. What does the N.F.C stand for?  
National Fitness Corps.
64. To which game the Merdeka Tournament Connected?  
Foot ball, in Koulalampur.
65. What is Arjuna Award?  
An Award given by the Government of India to the Merit Sportsmen.
66. In which year was the School Games Federation of India started?  
1954.



67. What is 'Over' in Cricket?

In bowling, an over consisting of six deliveries. In Newzeland and Australia eight deliveries.

68. What is third inings in kho-Kho?

When the match is drawn after two innings are over, one more innings will be given that is called third innings.

69. What is raid in kabaddi?

When a rider goes into the opponents court with a cant.

70. In which year was the Swimming Federation of India started?

1940

71. What does the A.I.C.S stand for?

All India Council of sports.

72. What is 'Hit wicket in Cricket?

If in playing at the ball, he hits down his wicket with his bat or any part of his person.

73. What is 'Lona' in Kho-Kho?

When all the nine players are out before nine mts, a Lona will be given to the opponents. No extra points..

74. What is thirty second rule in Basket Ball?  
When a team gains possession of the ball, a try for basket must be made within 30 seconds.
75. What is pocker?  
4 Card Game
76. What is Amateur sports?  
Sports conducted by any organisation which forbids the participations of professional athletes.
77. What is athlete heart?  
Awakened heart condition caused by frequent participation in Athletics
78. What is 'clash' in Ball Badminton?  
Touch of two bats in striking a ball?
79. What is 'missed service" in table tennis?  
A player in attempting to serve, misses the ball altogether.
80. What is "Fly Ball" in Softball?  
A fly ball is any ball bolted into the air
81. What is "Touch in Kabaddi?  
Contact by or with any part of the clothing or any other of one's personal belongings by raiders or anties.



82. What is Foot out in Kho-Kho?

When both the feet of a runner are touching the ground outside the limits, runner is out.

83. Who is called as "Clerk of the course" in Track and Field events?

An official who lists the competitors, notify them when the events take place, draw for start and see the races are run off on time.

84. What is 'Acrobatics'?

Physical stunts and tricks like rope walking, tumbling and pyramids.

85. What is the title for the Best player in soccer?  
Black pearls - PELE of Brazil

86. What is the line of the Post in Kho-Kho?

The line which goes through the centre of the post and is parallel to the cross lines.

87. What are the popular Indigenous games in India?

Kho-Kho and Kabaddi.

88. What is 'relief Zone' in Track & Field?

The zone wherein the baton must be passed in relay race. 20 yards long 10 yards front and 10 yards back of exchange mark.

- 
89. What is "back spin" in Basket Ball?  
Rotation of a ball with its top moving towards its bottom moving away from the thrower.
90. What is 'Minus' in the Carrom game?  
If the striker is pocketed in a stroke, penalty coin of the erring party will be placed on the board.
91. What is Fencing?  
A game of Sword Fight
92. Who was the President of Olympics games conferences before the present president?  
Lord Michael Killanin
93. What is medley relay in Track and Field?  
A relay race in which all or most of the members of a team run different distances.
94. What is stride?  
The distance between steps in running or walking
95. What are the measurements for Diamond in Softball?  
60 feet base lines with a pitching distance of 40 feet for women and 46 feet for men.



104. What is double touch in Ball Badminton?

When the ball touched by two bats of the same side successively.

105. Who was the Queen of the meet' in Lahore meet 1976?

Anasuya Bai of India. Won four Gold Medals

106. What is jump-ball in Basket Ball?

When the official tosses the ball between two opposing players.

107. What is 'Flip pass' in Basket Ball?

One or two hand pass, from either side of the body or between the legs to a team mate at close range.

108. What is cross country Race?

Foot racing over general terrain such as hills, woods, fields, roads-usual distance 3 to 5 miles.

109. How does the Umpire signal for a 'Boundary' in cricket?

By waving the hand from side to side.

110. What is Line drive in Softball?

A line drive is an aerial ball that is batted sharply into the playing field

111. What is to take a direction in Kho-Kho?

Going from one post to another post.

112. What is 'Rubber' in Tenikoit?

Rubber is the best of three games

113. What is 'off-side' in Foot ball?

If a player is nearer his opponent's goal line than the ball at the moment the ball is played.

114. What is 'over run' in Track and field?

To run past the passing (relief) zone before passing the baton to a team mate. Disqualification is the punishment.

115. What is Knuckle ball in Volley Ball?

Serve made by striking the ball with the knuckles.

116. How does the umpire signal for 'wide' in cricket?

By extending both arms horizontally.

117. What is 'wild pitch' in softball?

Legally delivered ball high, so low, or so wide of the plate.

118. What is 'Three second rule' in Basket Ball?

A player shall not remain for more than 3 seconds when the ball is with his teammate in



the part of opponent's restricted area.

119. What is 'Hopping'?

Hopping is the game, known as Langdi.

120. How much 'Bound' should Tennis Ball have?

More than 53 inches and less than 58 inches and 100 inches on concrete base when dropped.

121. What is meant by 'Aquatics'?

Sports or exercises practised in or on the water.

122. What is Archery?

Sport of Bow and arrow.

123. What is 'Dash'?

A short foot race - out door 100 and 200 metres - indoor 50-70 yards.

124. What is Hook pass in Basket Ball?

By extending the arm overhead and passing the ball across the body behind the head.

125. What is Hook tackle in soccer?

Securing the ball from the opponent, by dropping one knee on the ground and hooking the ball away from the dribbler.

126. How does the umpire signal for 'Sixer' in cricket?

By raising both arms above the head.

127. When was Foot Ball first included in the Olympics?  
1900 - Paris Olympics
128. Who was the first batsman to secure 10,000 runs in cricket test?  
Sunil Gavaskar
129. Who was the youngest player to make a century in Cricket Test?  
Mustaq Mohammed of Pakistan
130. Who won the Grand Slam in Tennis for the first time?  
Donald Budge
131. During which Olympics was TV introduced to bring the games to the masses?  
1936. Berlin Olympics
132. With what sports is joe Louis associated?  
Boxing
133. In a hurdles race, how many hurdles are allowed to be knocked down?  
As many as possible, but it slows down the speed of Athlete
134. Who was the first Indian woman power lifter to



set a world record?

Sumitha Latha

135. Who has proved to be India's best shooter in Olympics?

Karni singh

136. Name the first Test Cricket Player of India?

K.S. Ranjit Singh

137. Who donated the Ranji Trophy?

Maharaja of Patiala

138. Kapildev the Indian Crickter has written his autobiography. Name the book.

By God's Grace

139. How many playing cards are there in a packet normally?

Fifty two cards

140. Which was the Mascot of the 9th Asiad?

Appu

141. Who was the first women to win the 'Golden Slam' of Tennis?

Stefi Graff of Germany

142. Which were the games that were included in Seoul Olympics as 'Demonstration games'?

Base ball and Talek woondo

143. When was All India Carrom Federation formed?  
1955.
144. What are the five events in Modern Pentathlon?  
Shooting, Swimming, Fencing, Riding, Running.
145. What are the Gymnastics events for men in the Olympics Games?  
Horizontal Bar, Parallel bars, Long Horse vault, Pommeled Horse, Rings, Floor Exercises, Team Combined Exercises
146. What are the Gymnasticsw Events for Women in the Olympic Games?  
Horse vault, Asymmetrical bars, Balance Blam, Floor Exercises.
147. What are the different styles in the swimming competition?  
Free Style, Back Stroke, Breast Stroke, butterfly.
148. What is the previous name for Triple Jump?  
Hop, Step and Jump.
149. What is the Previous name for Long Jimp?  
Broad Jump.
150. What is Olympic Record of 100 Meters in 1890 and 1996?  
12 Seconds in 1896. By Thomas Burke. 9.94 seconds in 1996.



### III. MATCH THE FOLLOWING

Name	Country	Correct Answer
1. Pele	West Indies	-----
2. Boris Becker	Ethiopia	-----
3. Mardona	Australia	-----
4. Ramesh Krishnan	America	-----
5. Imran khan	America	-----
6. Bradman	India	-----
7. Yogannan	America	-----
8. Peter Sampras	West Indies	-----
9. Vijay Amritharaj	Germany	-----
10. Jesse Owens	India	-----
11. Manuel Aaron	America	-----
12. Anand Wiswanathan	America	-----
13. Clive Lloyd	India	-----
14. Ivan Lendl	Australia	-----
15. Andri Agasi	India	-----

---

16. Monica Seles	India	-----"
17. Mohammed Ali	India	-----"
18. Alan Border	Germany	-----"
19. Prakash Padukone	Argentina	-----"
20. Richi Richardson	Pakistan	-----"
21. Milkha Singh	France	-----"
22. Carl lewis	India	-----"
23. Platini	America	-----"
24. Vasim Akram	Sweden	-----"
25. Bjorn Borg	India	-----"
26. Mike Tyson	England	-----"
27. Abebe Bikila	Pakistan	-----"
28. Nawab Pataudi	Newzealand	-----"
29. Daley Thomson	India	-----"
30. Leander paes	Brazil	-----"
31. Richard Hadley	India	-----"
32. Srikanth	America	-----"
33. Malleswari	NewZealand	-----"



---

34. Martina Hingis	India	-----
35. Jim Courier	Holland	-----
36. Arantxa Sanches	France	-----
37. Mary Pierce	Spain	-----
38. Jaspal Rana	Spain	-----
39. Serger brugura	India	-----
40. Monica Seles	India	
41. Shiny Abraham	U.S.A.	.....
42. Geeth Sethi	England	..... .
43. Mike Russel	India	.....
44. Gary Gasparo	India	.....
45. Jaya Surya	USSR	.....
46. V.J. Philips	Brazil	.....
47. Socrates	Sri Lanka	.....
48. Islahuddin	Pakistan	.....
49. Moses Kiptaumi	kenya	-----
50. Gary Sobers	Sri lanka	-----
51. Susanthika	West Indies	-----

**III. I ANSWERS**

- |                 |                 |                |
|-----------------|-----------------|----------------|
| 1. Brazil       | 2. Germany      | 3. Argentina   |
| 4. India        | 5. Pakistan     | 6. Australia   |
| 7. India        | 8. U.S.A.       | 9. India       |
| 10. U.S.A.      | 11. India       | 12. India      |
| 13. West Indies | 14. U.S.A.      | 15. U.S.A.     |
| 16. U.S.A.      | 17. U.S.A       | 18. Australlia |
| 19. India       | 20. West Indies | 21. India      |
| 22. U.S.A.      | 23. France      | 24. Pakistan   |
| 25. Sweden      | 26. U.S.A.      | 27. Ethiopia   |
| 28. India       | 29. England     | 30. India      |
| 31. Newzealand  | 32. India       | 33. India      |
| 34. Switzerland | 35. U.S.A       | 36. Spain      |
| 37. France      | 38. India       | 39. Spain      |
| 40. U.S.A.      | 41. Indian      | 42. India      |
| 43. Engaland    | 44. Russia      | 45. Srilanka   |
| 46. India       | 47. France      | 48. Pakistan   |
| 49. Kenya       | 50. West Indies | 51. Sri Lnaka. |



2.	Player	Game	Match Correctly
1.	Dhyan Chand	Hockey	-----
2.	Thara Singh	Table Tennis	-----
3.	Stefi Graff	Basket Ball	-----
4.	Mike Tyson	Tennis	-----
5.	P.T. Usha	Chess	-----
6.	Mohammed Ali	Billiards	-----
7.	Vinod Kampli	High Jump	-----
8.	Baskaran	Cricket	-----
9.	Chandra Sekaran	Triathalon	-----
10.	O'Brien	Tennis	-----
11.	Magic Johnson	Shotput	-----
12.	Arthur Ash	Tennis	-----
13.	Anand	Cricket	-----
14.	Geeth Sethi	Boxing	-----
15.	Dick Fosbury	Athletics	-----
16.	Kapil Dev	Boxing	-----

17. Tendulkar	Tennis	-----
18. Amudha	Wrestling	-----
19. Ramesh Krishnan	Hockey	-----
20. Bob Beman	Shuttle Badminton	-----
21. Martina Navrathilova	Athletics	-----
22. Sridharan	Long Jump	-----
23. Milkha Singh	Pole Vault	-----
24. Valasamma	Cricket	-----
25. Anupama	Carrom	-----
26. Billy Jean King	Cricket	-----
27. Kamallesh Metha	Tennis	-----
28. Vasim Akram	Golf	-----
29. Prakash Padukone	Water Polo	-----
30. Maria Irudhayam	Athletics	-----
31. Sergi Bupka	Volley Ball	-----
32. Carl Lewis	Athletics	-----
33. Jesse Owens	Athletics	-----



**III****2. ANSWER.**

- |                       |                 |
|-----------------------|-----------------|
| 1. Hockey             | 2. Wrestling    |
| 3. Tennis             | 4. Boxing       |
| 5. Athletics          | 6. Boxing       |
| 7. Cricket            | 8. Hockey       |
| 9. Table Tennis       | 10. Shot Put    |
| 11. Basket Ball       | 12. Tennis      |
| 13. Chess             | 14. Billiards   |
| 15. High Jump         | 16. Cricket     |
| 17. Cricket           | 18. Triathlon   |
| 19. Tennis            | 20. Long Jump   |
| 21. Tennis            | 22. Volley Ball |
| 23. Athletics         | 24. Athletics   |
| 25. Tennis            | 26. Tennis      |
| 27. Table Tennis      | 28. Cricket     |
| 29. Shuttle Badminton | 30. Carrom      |
| 31. Pole vault        | 32. Athletics   |
|                       | 33. Athletics   |

3. Technical Term	Games/Sports	Correct Answer
1. Off-side	Boxing	-----
2. Lona	Foot Ball	-----
3. Diamond	Volley Ball	-----
4. L.B.W.	Table Tennis	-----
5. Attempt	Foot Ball	-----
6. Square	Basket Ball	-----
7. Grand Slam	Athletics	-----
8. Ashes	Kabaddi	-----
9. Attack line	Tennis	-----
10. Ace	Volley ball	-----
11. Baulk Line	Cricket	-----
12. Relay Race	Tennis	-----
13. Jump Ball	Kho Kho	-----
14. Corner Kick	Ball Badminton	-----
15. Let	Cricket	-----
16. Lift	Soft Ball	-----



17. Heading	Kabaddi	-----
18. Knock out	Foot Ball	-----
19. O'Brian Style	Chess	-----
20. Scissor Style	Cricket	-----
21. Fosbury Flop	Basket Ball	-----
22. Cant	Foot ball	-----
23. Walk in the air	Asanas	-----
24. Boost	Football	-----
25. Rotation order	Cricket	-----
26. Wide Ball	Cricket	-----
27. Over	Volley Ball	-----
28. Penalty Kick	Volley ball	-----
29. Indirect free Kick	Long Jump	-----
30. Pranayamam	Kabaddi	-----
31. Free Throw	Athletics	-----
32. kick-off	Boxing	-----
33. Defender	Wrestling	-----
34. Wobbling	Hockey	-----

35. Spiking	Cricket	-----
36. Red coin	Tennis	-----
37. Layup shot	Hockey	-----
38. Check mate	Foot ball	-----
39. Corner kick	Chess	-----
40. Free hit	Volley ball	-----
41. Baseline game	Kho kho	-----
42. Maiden over	Tenikoit	-----
43. Short Corner	Ball Badminton	-----
44. Ring	Carrom	-----
45. Punch	Basket Ball	-----
46. Double Fault	Boxing	-----
47. Mallet	Basket Ball	-----
48. Scoop	Polo	-----
49. Off break	Swimming	-----
50. Seconds out	Cricket	-----
51. Pivot	Tennis	-----
52. Crawl	Hockey	-----



### III. 3 ANSWERS

- |                 |                   |                 |
|-----------------|-------------------|-----------------|
| 1. Foot Ball    | 2. Kabaddi        | 3. Soft Ball    |
| 4. Cricket      | 5. Ball Badminton | 6. Kho Kho      |
| 7. Tennis       | 8. Cricket        | 9. Volley Ball  |
| 10. Tennis      | 11. Kabaddi       | 12. Athletics   |
| 13. Basket Ball | 14. Foot Ball     | 15. Tenikoit    |
| 16. Volley Ball | 17. Foot Ball     | 18. Boxing      |
| 19. Shot Put    | 20. High Jump     | 21. High Jump   |
| 22. Kabaddi     | 23. Long Jump     | 24. Volley ball |
| 25. Volley Ball | 26. Cricket       | 27. Cricket     |
| 28. Foot Ball   | 29. Foot Ball     | 30. Yoga        |
| 31. Basket Ball | 32. Foot ball     | 33. Kho Kho     |
| 34. Tenikoit    | 35. Volley ball   | 36. Carrom      |
| 37. Basket ball | 38. Chess         | 39. Foot Ball   |
| 40. Hockey      | 41. Tennis        | 42. Cricket     |
| 43. Hockey      | 44. Basket ball   | 45. Boxing      |
| 46. Tennis      | 47. Polo          | 48. Hockey      |
| 49. Cricket     | 50. Boxing        | 51. Basket Ball |
| 52. Swimming    |                   |                 |

**IV. WRITE TRUE OR FALSE  
AGAINST EACH SENTENCE**

1. A Kho-Kho match has 3 innings \_\_\_\_\_
2. Runner side should send 3 defenders each time to the field in a KhoKho Match \_\_\_\_\_.
3. There are 9 squares in a Kho Kho field \_\_\_\_\_
4. The chasing side gets 2 points for each runner who is put out \_\_\_\_\_.
5. There is a separate measurement for women Khabaddi game. The measurement of the court is 12.40m x 10 m \_\_\_\_\_.
6. In Kabaddi, 2 points are awarded (Bonus point) for a Lona \_\_\_\_\_.
7. The raider can begin his cant at any place \_\_\_\_\_.
8. Anti-raider is one who is going with cant to the other side \_\_\_\_\_.
9. A raider can use the lobby after the struggle \_\_\_\_\_.
10. Revival method is there in the Kabaddi game \_\_\_\_\_.
11. The height of the net in Tenikoit is 5 feet one inch \_\_\_\_\_.
12. Wobbling is allowed in the Tenikoit game \_\_\_\_\_.



13. The receiver of the ring can walk or jump while throwing the ring \_\_\_\_\_.
14. The playing surface of a Table Tennis Table is Green \_\_\_\_\_.
15. The height of the Table Tennis net is 1 foot \_\_\_\_\_.
16. Good posture is nothing but standing or sitting as you like and feel \_\_\_\_\_.
17. The Bunch start is the fastest start \_\_\_\_\_.
18. Standing start is allowed in a sprint race \_\_\_\_\_.
19. Starting block helps to make a quick start \_\_\_\_\_.
20. Hitch-kick helps the jumper to jump maximum distance \_\_\_\_\_.
21. There are 3 chances given to each Long Jump competitor \_\_\_\_\_.
22. The weight of the shot put for boys is 4lbs \_\_\_\_\_.
23. In shot put, a thrower can throw the shot from behind his\her shoulder \_\_\_\_\_.
24. A shot put thrower can touch the top of the stop-board with any part of his\her body \_\_\_\_\_.
25. The cobra posture is otherwise called Bujangasana \_\_\_\_\_.
26. Arthsalabasana imitates the posture of Lotus \_\_\_\_\_.

27. Padmasana is otherwise known as Lotus Asana \_\_\_\_\_.
28. Halasasna position resembles an Indian plough \_\_\_\_
29. In relay the person who drops the baton must pick it up himself \_\_\_\_\_.
30. Double foot take off is allowed in Long Jump \_\_\_\_\_
31. Kabaddi players can wear ring or belt during play \_\_\_\_\_.
32. A competitor can take 3 minutes for his trial in Jumping events. \_\_\_\_\_
33. The order of jumping is decided in High Jump by lots \_\_\_\_\_
34. Both feet take - off is allowed in High Jump \_\_\_\_\_
35. A competitor can dive in High Jump \_\_\_\_\_
36. The landing area in High Jump is 5 M. Long \_\_\_\_
37. A High Jump competitor will get 2 trials at every height \_\_\_\_\_
38. There are 3 divisions in crouch start \_\_\_\_\_
39. There are 6 lanes in a standart track \_\_\_\_\_
40. Visual method is correct method is 4x100 m. Relay \_\_\_\_\_



41. The Basket Ball game is started by a jump ball \_\_\_\_\_.
42. The goal scored outside the 3 point circle provides 2 points \_\_\_\_\_.
43. The height of the ring from the floor is 10 feet in Basket Ball \_\_\_\_\_.
44. A player will be made out if he commits 4 fouls in Basket Ball \_\_\_\_\_.
45. The height of the net for men Volley Ball game is 2.24 M \_\_\_\_\_.
46. The one day cricket match consists of one innings by each side \_\_\_\_\_.
47. A substitute is allowed to do wicket keeping in cricket \_\_\_\_\_.
48. The maximum length of a cricket bat is 38 inches \_\_\_\_\_.
49. No Balls and wide balls are counted in an over (6 balls) \_\_\_\_\_.
50. The colour of the badminton ball is Red \_\_\_\_\_.

**IV. ANSWERS :**

- |           |           |           |
|-----------|-----------|-----------|
| 1. False  | 2. True   | 3. False  |
| 4. False  | 5. False  | 6. True   |
| 7. False  | 8. True   | 9. True   |
| 10. True  | 11. False | 12. False |
| 13. False | 14. True  | 15. False |
| 16. False | 17. True  | 18. False |
| 19. True  | 20. True  | 21. False |
| 22. False | 23. False | 24. False |
| 25. True  | 27. True  | 28. True  |
| 29. True  | 30. False | 31. False |
| 32. False | 33. True  | 34. False |
| 35. False | 36. False | 37. False |
| 38. True  | 39. False | 40. False |
| 41. True  | 42. False | 43. True  |
| 44. False | 45. False | 46. True  |
| 47. False | 48. True  | 49. False |
| 50. False |           |           |



**V. FILL IN THE BLANKS**

1. There are \_\_\_\_\_ throwing styles in shotput.
2. The founder of Basket Ball is \_\_\_\_\_
3. Basket Ball was born in the country \_\_\_\_\_
4. The height of the Basket ball ring is \_\_\_\_\_
5. The circumference of the basket ball is \_\_\_\_\_
6. The weight of the Basket Ball is \_\_\_\_\_
7. The duration of the Basket Ball Match is \_\_\_\_\_
8. There are \_\_\_\_\_ players in a Basket Ball team.
9. The dimension of a Basket Ball court is \_\_\_\_\_
10. The substitutes in Basket ball team is \_\_\_\_\_
11. The length of the cricket bat is \_\_\_\_\_
12. The maximum width of the cricket bat is \_\_\_\_\_
13. The length of the pitch in cricket is \_\_\_\_\_
14. The width of a wicket is \_\_\_\_\_
15. The height of a stump is \_\_\_\_\_

16. The distance between a wicket and the popping crease is \_\_\_\_\_
17. \_\_\_\_\_ innings are there in a test match.
18. Number of balls allowed in an over is \_\_\_\_\_
19. Number of balls bowled in an over in the matches conducted in Australia and Newzealand is \_\_\_\_\_
20. There are \_\_\_\_\_ kinds of bowling.
21. The founder of Volley ball is \_\_\_\_\_
22. Volley Ball was founded in the year \_\_\_\_\_
23. Volley ball was founded in the country \_\_\_\_\_
24. There are \_\_\_\_\_ players in a volley ball team.
25. There are \_\_\_\_\_ substitutes in a Volley ball team.
26. The height of Volley Ball net in men's game is \_\_\_\_\_
27. The height of a Volley ball net in women's game is \_\_\_\_\_
28. The weight of a Volley ball is \_\_\_\_\_
29. The circumference of a Volley Ball is \_\_\_\_\_



30. The measurement of a Volley Ball player's number in his/her banian.
31. The length and width of the Kho Kho ground is \_\_\_\_\_
32. The measurement of the square of the chaser is \_\_\_\_\_
33. The height of a Kho Kho post is \_\_\_\_\_
34. There are \_\_\_\_\_ players in a Kho Kho team.
35. There are \_\_\_\_\_ innings in a Kho Kho match.
36. There are \_\_\_\_\_ officials in Kho Kho match.
37. The duration of a Kho Kho match is \_\_\_\_\_
38. The game in which India has won gold in Olympic game is \_\_\_\_\_
39. The length and breadth of a Hockey field is \_\_\_\_\_
40. There are \_\_\_\_\_ players in a hockey team.
41. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in a Cricket team.
42. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in a Foot Ball team.

43. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in a Basket Ball team.
44. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in a Hand Ball team.
45. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in a Hockey team.
46. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in a Kho Kho team.
47. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in a Kabaddi team.
48. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in Ball Badminton team.
49. There are \_\_\_\_\_ players and \_\_\_\_\_ substitutes in Tenikoit (Doubles game) game.
50. \_\_\_\_\_ athletes are selected for the finals in long jump event.
51. \_\_\_\_\_ jumpers are selected for the finals in Triple Jump event.
52. \_\_\_\_\_ chances are given on each height to a High Jump competitor.



53. \_\_\_\_\_ are selected for the finals in a shot put event.
54. There are \_\_\_\_\_ lanes in a running track.
55. There are \_\_\_\_\_ players in a relay team.
56. A Competitor should try for a jump within \_\_\_\_\_ mintues when he is called by the Referee in a Long Jump event.
57. A Competitor should try for a jump within \_\_\_\_\_ mintues when he is called by the Referee in a High Jump event.
58. A Competitor should throw within \_\_\_\_\_ mintues when he is called by the Referee in a shot put event.
59. A competitor should throw within \_\_\_\_\_ mintues when he is called by a Referee in discus throw event.
60. A jumper should come to try for a jump within \_\_\_\_\_ minutes when he is called by the judge in a pole-vault event.
61. The components of food are 6. Write 3.  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
62. \_\_\_\_\_ is the name of the book which helps to preserve and promote health.

63. Disease means \_\_\_\_\_
64. The meaning of Asana is \_\_\_\_\_
65. Inhaling air through nose is called \_\_\_\_\_
66. The name for the cobra like Asana is \_\_\_\_\_
67. The raider should raid within \_\_\_\_\_ seconds in the kabaddi match.
68. In Long Jump, a competitor walks in the air 'in' \_\_\_\_\_ style.
69. A Running race is started by a \_\_\_\_\_
70. The diameter of a shot put circle is \_\_\_\_\_ meters.
71. Number of balls bowled in an over are \_\_\_\_\_ in cricket.
72. The two fouls occurring during bowling are  
1. \_\_\_\_\_ 2. \_\_\_\_\_
73. There are \_\_\_\_\_ innings in a Test Cricket match.
74. Two types of spin bowling in cricket are  
1. \_\_\_\_\_ 2. \_\_\_\_\_
75. The toatal playing time of a Foot ball match is \_\_\_\_\_ mintues.
76. The duration of a Hockey game is \_\_\_\_\_



77. The duration of a Basket ball game is \_\_\_\_\_
78. The duration of a Kabaddi game for men is \_\_\_\_\_
79. The duratiion of a Kho Kho game is \_\_\_\_\_
80. \_\_\_\_\_ points should be taken to win in a Ball Badminton match in one game.
81. \_\_\_\_\_ points should be taken to win a game in Volley Ball match.
82. \_\_\_\_\_ points should be taken to win a game in Tenikoit (Table Tennis game point method).
83. \_\_\_\_\_ points should be scored to win a game in Table Tennis
84. The rest time between first 2 games in Volley Ball match is \_\_\_\_\_
85. The interval time between 2 halves in Basket Ball match is \_\_\_\_\_ mintues.
86. The rest time in a basket ball match is \_\_\_\_\_ mintues.
87. The rest time given to change the substitutes during a basket ball match is \_\_\_\_\_ mintues.
88. The rest time in a Volley ball match is \_\_\_\_\_ mintues

89. The time given to change the substitutes during a Volley Ball match is \_\_\_\_\_ mintues.
90. The Batsman who is to play next to a batsman declared out should enter the ground within \_\_\_\_\_ mintues, if not he will be declared out.
91. In a Kabaddi game, a raider must be sent to the opponents court within \_\_\_\_\_ seconds.
92. In a Volley Ball game, the server should send the ball within \_\_\_\_\_ second after the referee's whistle.
93. In cricket, to declare a batsman out the appeal should be made by the fielders prior to the delivery of \_\_\_\_\_
94. The rest time given between 2 turns in a Kho Kho game is \_\_\_\_\_ mintues.
95. The time allotted for every turn in a Kho Kho game is \_\_\_\_\_ mintues.
96. The rest time between 2 innings in Kho Kho game is \_\_\_\_\_ mintues.
97. The rest time between 2 halves in a Kabaddi game is \_\_\_\_\_ mintues.
98. The rest time between 2 halves in a women's Kabaddi game is \_\_\_\_\_ mintues.



99. \_\_\_\_\_ more points are given for a Lona in kabaddi.
100. In Tenikoit the ring must be returned to the opponet's court within \_\_\_\_\_ second.
101. The diameter of the men's discus - \_\_\_\_\_
102. The diameter of the women's discus throw circle is \_\_\_\_\_
103. The diameter of the Hammer throw circle is \_\_\_\_\_
104. The diameter of the Shot put circle is \_\_\_\_\_
105. The height for men's 100 M hurdles race is \_\_\_\_\_
106. The height for women's 100 M hurdles race is \_\_\_\_\_
107. Write two qualities of discus thrower  
1. \_\_\_\_\_ 2. \_\_\_\_\_
108. Write two qualities of a shot putter  
1. \_\_\_\_\_ 2. \_\_\_\_\_
109. The weight of the javelin for men is \_\_\_\_\_
110. The weight of the javelin for women is \_\_\_\_\_
111. Write two qualities of a Javelin thrower  
1. \_\_\_\_\_ 2. \_\_\_\_\_
112. The numbers used in the Basket Ball Team from

113. The rotation order of the position of front line players is \_\_\_\_\_ and back liner players is \_\_\_\_\_ in the Volley Ball match.
114. Write the names of three fouls in a Volley ball game  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
115. Write three fouls in the Basket Ball game  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
116. Players changing position in clock wise direction in Volley Ball is called \_\_\_\_\_
117. Write three fouls in Tenikoit game  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
118. Write three fouls in Hockey game  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
119. Write three fouls in Foot Ball game  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
120. Write two fouls in Long Jump event  
1. \_\_\_\_\_ 2. \_\_\_\_\_
121. Write three fouls in High Jump event  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
122. Write three fouls in shotput event  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



123. Write two fouls in Discus, throw event  
1. \_\_\_\_\_ 2. \_\_\_\_\_
124. Write two fouls in a running race  
1. \_\_\_\_\_ 2. \_\_\_\_\_
125. Write two instruction to be followed while doing asanas  
1. \_\_\_\_\_ 2. \_\_\_\_\_
126. Write 3 names of Asanas in Sitting position  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
127. Write 3 names of Asanas in standing positoin  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
128. Write three names of Asanas in Supine Position  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
129. Write 3 names of Asanas in Prone position  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
130. All the parts of the body get benefitted by one Asana is called \_\_\_\_\_
131. The three important skills in Kho Kho game  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
132. The three important skills in Cricket  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
133. The three important skills in Kabaddi  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

134. The three important skills in Volley Ball  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
135. The Three important skills in Basket Ball  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
136. The three skills in Hockey are  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
137. The three skills in Foot Ball  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
138. The three important skills in Tenikoit  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
139. The three important skills in Table Tennis  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
140. The three important skills in Ball Badminton  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
141. The Three importat skills in Shuttle badminton  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
142. The three methods of blocking in Volley ball  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
143. The three methods of spiking in Volley Ball  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
144. The Three methods of putting service in Volly ball  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_



145. The three ways a batsman being declared out in cricket 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
146. The three skills of batting in Cricket 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
147. The three techniques followed by a runner in Kho Kho 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
148. The three skills of kicking the ball in Foot Ball 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
149. The three skills of passing the ball in Basket Ball 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
150. The three skills of shooting the ball in Basket Ball 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
151. The three important fouls in Basket Ball 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
152. The three seconds rules in Basket Ball 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
153. Write touching techniques in the raiding time in Kabaddi 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
154. Write catching methods in Kabaddi 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
155. What are the three starting methods in sprint race 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

156. The three methods of jumping styles in High jump 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
157. Three throwing styles in shotput 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
158. The two methods of exchanging the relay baton in Relay race 1. \_\_\_\_\_ 2. \_\_\_\_\_
159. What are the starter's commands in the sprint race 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
160. Name the important four skills in long Jump 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

## V. ANSWERS

- |                     |                       |                           |
|---------------------|-----------------------|---------------------------|
| 1. Three            | 2. Dr. James Naismith | 3. U.S.A.                 |
| 4. 10 Feet          | 5. 9" to 9 1/4"       | 6. 20 to 22 ounces        |
| 7. 20 + 10 + 20 M   | 8. 12                 | 9. 28 M X 15 M            |
| 10. 7               | 11. 38"               | 12. 4 1/4"                |
| 13. 20.12 M         | 14. 9 inches          | 15. 28 inches             |
| 16. 4 feet          | 17. Two               | 18. 6                     |
| 19. 8               | 20. Two               | 21. Dr. William G. Morgan |
| 22. 1895            | 23. U.S.A.            | 24. Six                   |
| 25. Six             | 26. 2.43 M            | 27. 2.24 M                |
| 28. 260 to 280 grms | 29. 65 to 67 cm.      | 30. 10cm in front         |
| 15 cm in back       | 31. 29 m X 16 m       | 32. 30 cm X 30 cm         |
| 33. 120 cm.         | 34. 9                 | 35. 2      36. 7          |
| 37. 50 mts          | 38. Hockey            | 39. 100Y X 60Y.           |
| 40. 11              | 41. 11 and 5          | 42. 11 and 5              |
| 43. 5 and 7         | 44. 7 and 5           | 45. 11 and 5              |
| 46. 9 and 3         | 47. 7 and 5           | 48. 5 and 3               |



49. 2 and 1      50. 8      51. 8      52. 3      53. 8  
 54. 8      55. 4      56. 1 1/2 Mts      57. 1 1/2 mts  
 58. 1 1/2 mts      59. 1 1/2 mts      60. 2 mts  
 61. (1) Protein (2) Fat (3) Carbo Hydrates      62. Hygiene  
 63. Uncomfort      64. Posture      65. Breathing      66. Bujangasana  
 67. 5      68. Hitch Kick      69. Gun sound      70. 2. 135 m      71. Six  
 72. No Ball-Wide Ball      73. Two      74. Googly, Medium, Fast  
 75. 100mts      76. 75 mts      77. 50 mts.      78. 45 mts      79. 50mts  
 80. 29      81. 15      82. 21      83. 21      84. 5 mts      85. 10  
 86. 1      87. 1      88. 30 seconds      89. 30 seconds      90. 2mts  
 91. 5      92. 5      93. Next Ball      94. 5 mts      95. 9  
 96. 9      97. 5      98. 5      99. 2      100. 1      101. 2.50 m  
 102. 2.50 M      103. 2.50M      104. 2.135      105. 3 1/2 Feet  
 106. 3feet      107. Height-Strength      108. Speed -Balance  
 109. 800gms      110. 600 gms      111. Speed-Balance      112. 4 to 15  
 113. 4,5,6,3,2,      114. (1) Service touching the net. (2) Rest  
     (3) carrying  
 115. Personal foul. Technical foul. 3 seconds      116. Rotation order  
 117. (1) wobbling (2) Throwing with walking (3) Service touching  
     the net  
 118. (1) Off-side (2) Carrying (3) Dangerous play  
 119. (1) Off-side (2) Handling (3) Dangerous play  
 120. (1) Touching the take-off Board sand (2) Foul Jump  
 121. (1) Knocking down the cross bar (2) Both legs take-off  
     (3) Diving  
 122. (1) Throwing style (2) Shot falls away the sector. (3) Stamping  
     on the board  
 123. (1) Throw in Both hands (2) Discus falls away the sector.  
 124. (1) foul start (2) Crossing the track  
 125. (1) Stop when you feel tired (2) Don't exert too much  
 126. (1) Padmasana (2) Vajrasana (3) Yogamudra  
 127. (1) Tadasana (2) Padahasthasana (3) Trikonasana  
 128. (1) Halasana (2) Sarvangasana (3) Matsyasana



129. (1) Bhujangasana (2) Salabasana (3) Dhanursana  
130. Sarvanga Asana  
131. (1) Diving (2) Trapping (3) Judgement Kho  
132. (1) Bowling (2) Batting (3) Catching  
133. (1) Toe touch (2) Knee catch (3) cant  
134. (1) Service (2) Boost (3) Spike  
135. (1) Pivot (2) Dribbling (3) Jump shot  
136. (1) Dribbling (2) Tackling (3) Shooting  
137. (1) Dribbling (2) Tackling (3) Heading  
138. (1) Service (2) Placing (3) Throwing  
139. (1) Spin Service (2) Smashing (3) Drop  
140. (1) Service (2) Drive (3) Placing  
141. (1) Lob (2) Flick (3) Smash  
142. (1) Single block (2) Double Block (3) Triple Block  
143. (1) Straight Arm spike (2) round arm spike  
(3) Deceptive Spike  
144. (1) Under Arm Service (2) Side arm service (3) Tennis service  
145. (1) L.B.W (2) Hit wicket  
146. (1) Drive (2) Leg glance (3) Block  
147. (1) Single Chain (2) Double Chain (3) Turn  
148. (1) Toe (2) Instep kick (3) out step kick  
149. (1) Hook Pass (2) Chest pass (3) Bounce pass  
150. (1) Lay up shot (2) Set shot (3) Jump shot  
151. (1) Holding (2) Pushing (3) charging  
152. (1) 3 Seconds rule (2) 5 seconds (3) 30 seconds rule  
153. (1) Aero kick (2) Roll kick (3) Side kick  
154. (1) Wrist catch (2) Trunk catch (3) Knee catch  
155. (1) Bullet start (2) Medium start (3) Elongated start  
156. (1) Western Roll (2) Straddle roll (3) Fosbury flop  
157. (1) Leg swing style (2) Obrien style (3) Disco put  
158. (1) Visual method (2) Non visual method  
159. (1) On your marks (2) Set (3) Go or gum  
160. (1) Approach (2) Take-off (3) Kitch-kick 4. landing



## 5. EXPAND THE ABBREVIATIONS OF SPORTS TERMS

- |    |        |       |
|----|--------|-------|
| 1  | AAAA   | _____ |
| 2  | AAFI   | _____ |
| 3  | BCCI   | _____ |
| 4  | FIDE   | _____ |
| 5  | FIFA   | _____ |
| 6  | IFA    | _____ |
| 7  | IOA    | _____ |
| 8  | IOC    | _____ |
| 9  | MICC   | _____ |
| 10 | NIS    | _____ |
| 11 | ODI    | _____ |
| 12 | PT     | _____ |
| 13 | SAI    | _____ |
| 14 | SGFI   | _____ |
| 15 | SNIPES | _____ |
| 16 | YMCA   | _____ |
| 17 | RDS    | _____ |
| 18 | BDS    | _____ |
| 19 | SDAT   | _____ |
| 20 | AICF   | _____ |
| 21 | AIFF   | _____ |
| 22 | OCA    | _____ |
| 23 | FIVB   | _____ |

- |           |       |
|-----------|-------|
| 24. SFI   | _____ |
| 25. IWOC  | _____ |
| 26. ICC   | _____ |
| 27. FIH   | _____ |
| 28. FICA  | _____ |
| 29. AILTA | _____ |
| 30. CFI   | _____ |
| 31. FIG   | _____ |
| 32. RIPE  | _____ |
| 33. CIPE  | _____ |
| 34. DSO   | _____ |

### ANSWERS

(1) Asian Amateur Athletic Association (2) Amateur Athletic Federation of India (3) Board of Control for Cricket in India (4) International Chess Federation (5) International Football Federation (6) Indian Football Association (7) Indian Olympic Association (8) International Olympic Committee (9) Marylebone Cricket Club (10) Netaji Subash Institute of Sports (12) One Day International (13) Physical Training (14) National Institutes for Physical Education And Sports (15) Young men's Christian Association (16) Republic Day Sports (17) Bharathiar Day Sports (18) Sports Development Authority of Tamilnadu (19) All India Carrom Federation (20) All India Football Federation (21) Olympic Council of Asia (22) International Volley Ball Federation (23) Swimming Federation of India (24) International Women Cricket Council (25) International Cricket Conference (26) The Federation of International Hockey (27) International Amateur Cycling Federation (28) All India Lawn Tennis Association (29) Carrom Federation International (30) International Gymnastics Federation (31) Regional Inspector of Physical Education (32) Chief Inspector of Physical Education (33) District Sports Officer.





1937 - 2001

**வி**ளையாட்டுத்துறை இலக்கியத்தின் தந்தை என்றும், பல்கலைப் பேரறிஞர் என்றும் பாராட்டப்படுகின்ற, டாக்டர் எஸ். நவராஜ் செல்லையா அவர்கள், விளையாட்டுத்துறை தமிழ் இலக்கியத்தின் வளர்ச்சிக்கான பணியைத் தனது வாழ்வின் இலட்சியமாகக் கொண்டு பணியாற்றினார்.

திருமூலர், திருவள்ளுவர், வள்ளலார் போன்றவர்களுக்குப் பிறகு, தேகத்தின் தெய்வாம்சம் பற்றி மக்களிடையே, மகிமையை வளர்க்கும் விளையாட்டுத்துறை இலக்கியப்

பணியை புத்தகங்கள், பத்திரிகைகள், வானொலி, தொலைக்காட்சி மூலமாக கடந்த நாற்பது ஆண்டுகளாக செய்து வந்தார்.

விளையாட்டு பற்றிய கட்டுரை, கவிதை, சிறுகதைகள், நாவல் மற்றும் தனி மனித முன்னேற்றம் பற்றிய அறிவு நூல்கள், ஆய்வு நூல்கள் என இதுவரை 150க்கும் மேற்பட்ட நூல்களை எழுதி வெளியிட்டிருக்கிறார்.

விளையாட்டுத் துறையில் மக்களுக்கு விழிப்புணர்வு உண்டாகவும், விருப்பத்துடன் பங்கேற்கவும் உதவும் வண்ணம், 25 வருடங்களாகத் தொடர்ந்து 'விளையாட்டுக் களஞ்சியம்' என்ற மாத இதழை (1977 முதல்) நடத்தி வந்தார்.

விளையாட்டு இசைப் பாடல்கள், உடற்பயிற்சிக்கான இசை ஒலி நாடா போன்றவற்றை மாணவ, மாணவியருக்காக இயக்கி, இசையமைத்து, தயாரித்து வெளியிட்டிருக்கிறார்.

விளையாட்டின் சிறப்பை வெளிப்படுத்த, 'ஓட்டப்பந்தயம்' எனும் திரைப்படத்தைத் தயாரித்துத் திரையிட்டுள்ளார்.

சென்னைப் பல்கலைக் கழகத்தில் முதன் முதலாக விளையாட்டுத் துறையில் ஆய்வறிஞர் (Ph.D.) பட்டம் பெற்றவர் என்ற பெருமை இவருக்கு உண்டு.

அழகப்பா கலைக்கல்லூரி (காரைக்குடி), வித்யாமந்திர், TVS நிறுவனங்கள், ஓய்.எம்.சி.எ. கல்லூரி, சென்னை முதலிய புகழ் வாய்ந்த நிறுவனங்களில் பணியாற்றிய அனுபவம் பெற்றவர்.

இவரது மூன்று நூல்கள் தேசிய விருதும், ஒரு நூல் தமிழ்நாடு அரசின் பரிசிணையும் பெற்றுள்ளது.