

Assiut
Sports Education:
Question room



College of Physical Education

Sports training and movement sciences

Division: Third

Time: p

Today and date: 12/26/

Division: Sports Training

January 2024-2025 session

Maximum degree: 60 degrees

Course Exam: (317 TB)

Optional individual sports training

Water sports training

Assiut University
College of Physical Education

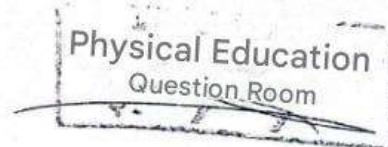
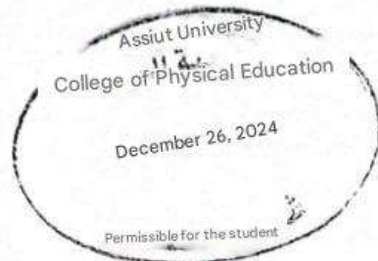
26th of September 2024

Student Affairs



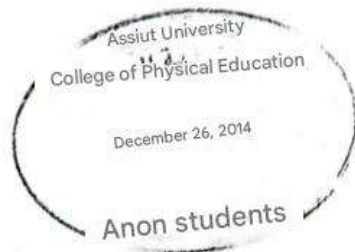
Our sons and daughters, students, please focus and read carefully each question and number to answer the following questions:
The answer to each question is (2 points):

One of the causes of drowning	-A	The basic stage of swimming	-
Ignorance of swimming	-A	Getting into the water	-A
Sudden stomach and kidney disease and loss of consciousness	-B	Musk	-B
Dangerous rip currents and whirlpools	-C	Pushing and pulling	-C
All of the above are causes of drowning.	-D	A,B,C Answers D	
Indirect factors to reduce the incidence of drowning	10-	Kinematic analysis of initiation	-Y
Careful medical examination before swimming	-A	Starting position	-A
It is preferable for learners to be in groups in non-sloping water.	-B	Rising	-B
Occurrence		Aviation	-C
Providing supervisors and lifeguards at swimming pools and beaches	-C	All of the above	-D
All of the above	-D	Starting cubic meters	-Y
Most of the injuries caused by wild animals occur in	11-	False start rope away.	-Y
Swimming in open water due to		10 metres	-A
Animals think you are food	-A	B 14 metres	
The animal is aggressive (like a bully)	-B	meter	-C
The animal is protecting itself from you	-C	15 metres	-D
You did not feed the animal	-D	In teaching breaststroke swimming	-A
The second star test is:	12-	Focus on performing in a consistent manner and with one force.	-A
50m crawl on stomach + 50m crawl on back	-A	The learner keeps his feet under the water, especially when pushing off	-B
100 meters varied	-B	Arm movement back and down	-C
50m freestyle + 1m breaststroke	-C	All of the above	-D
50m butterfly + 50m breaststroke	-D	Rotation in breaststroke	e
Freestyle swimming is	13-	Getting closer	-A
Butterfly swimming	-A	Touch	-B
Breaststroke	-B	Rotation	-C
Backstroke	-C	All of the above	-D
What kind of four swimming	-D	The fastest swimmer in each heat and also in the final inside the lane swims:	-Y
The individual medley race will be in the following order:	14-	number	
chest then back then butterfly then freestyle	-A	Y	-A
Free then back then chest then butterfly	-B	Y	-B
Back, then chest, then butterfly, then freestyle	-C	9	-C
Butterfly then back then chest then free	-D	4	-D
The number of swimmers in the medley relay is	15	Evidence suggests that improvement in reduces race time..	-Y
2	-A	Start-up performance	-A
0	-B	Rotation performance	B
6	-C	Technical performance	-C
4	-D	All of the above	-D
In swimming...the movement is symmetrical with both arms together.	16-	One of the principles of swimming training	-A
-Butterfly	-A	- Adaptation	
Chest	-B	Overload	-B
Free	-C	Individuality	-C
(A-B) together	-D	All of the above	-D



Types of drowning and approaching rescue	25	In international swimming competitions, there must be a number of judges	17
Rescue a drowning person from the surface of the water	-A	Turnover monitors	-A
Positive drowning rescue from the front	-B		-B
Rescue a drowning person	-C		-C
All of the above	-D		-D
Additional Rescue Skills for Waterfronts	25	Swimming method	-A
Use of watercraft for rescue operations	-A		-B
Using the rescue panel	-B		-C
Both A and B	-C		-D
None of the above	-D		-D
spinal cord injury	26	Touchdown at the end of the breaststroke race is	19
Head immobilization splint - submerged victim	-A	With one hand	-A
Spine Board Procedures - Deep Water	-B	Any part of the body	-B
Both A and B	-C	With hands together	-C
None of the above	-D	the above	-D
What is meant by pulmonary ventilation of the victim in water?	27	A single false start signal is a whistle	20
Bring the victim to a cool place	-A	Frequent	-A
Always bring a breathing mask with the rescuer during the rescue	-B	Long	-B
Giving artificial respiration to a drowning victim	-C	Intermittent	-C
None of the above	-D	None of the above	-D
Wearing gloves and a breathing mask during a rescue operation is important	28	One of the important tools in the rescue process	21
As accessories only	-A	Rescue tubes	-A
From general well-being to water sports	-B	Backboards Rescue board	-B
For the personal health safety of the rescuer and the victim	-C	Rescue Buoys	-C
All of the above	-D	All of the above	-D
It is necessary to enter shallow water slowly in order to save	29	Rescue skills	22
Submerged drowned	-A	Compact jump Compact jump	-A
B- An inflated drowned person	-B	Slide-in entry	-B
Broken drowned	-C	Stride jump entry	-C
All of the above	-D	All of the above	-D
Multiple-Victim Rescue is considered	30	One of the methods of approaching rescue	23
Of courage, daring and sacrifice	-A	Modified crawl approach	-A
Not recommended in most cases	-B	Modified breaststroke approach	-B
One of the rescue skills	-C	Approach and pull the flotation device and swim a long distance	-C
None of the above	-D	All of the above	-D

With best wishes for success and good luck...



Assiut
College of Physical Education
And recreation room questions

Water Sports Management and Arbitration Course Test January 2025

Test Instructions

test consists of 3 questions, the first of which has 46 true/false points, the second of which has 46 multiple choice points, and the third of which has 14 points, with each point being worth half a point, except for the third question, in which case the point is worth two points.

Highlight the answer that you think is appropriate on the answer sheet with your pen.

you shade more than one mark or do not shade at all, the answer is considered wrong if

Answer the following questions:

Question 1: Put a check mark (1) in front of the correct statement and an (x) in front of the incorrect statement and shade (1) for the correct statements and (F) for the incorrect statements on the answer sheet (23 points)

A chief judge and final judges shall be appointed in the absence of automatic arbitration devices ().
 inspected before the start of the races (). The swimming pool, equipment and tools are

The underwater video device must not obstruct the view or passage of swimmers ().

The General Referee issues all rules and instructions for the management of races ().

The General Judgment shall decide on the objections submitted regarding the continuation of the races ().

The referee must ensure that all the necessary referees for the competition are in their designated places (). The second long whistle from the backstroke and medley relay referee means that they must take their places on the starting platform.

Water immediately ()

The referee points with an extended arm until the start signal is given when the competitors and the refereeing team are ready to start ()

right to cancel the race for any swimmer in the event of a violation of the rules if he sees the mistake himself or if a member of the refereeing team informs him of it. The referee has the minimum in the event that the swimmer's number does not appear on the board international rules for the order, times and electronic swimming 10 The

()

apply. The hand clock and the order judges (the judges of the finish) are taken into account.

11- In butterfly swimming, it is not necessary for the legs or feet to be at the same level ().

12 - The symbol NT for swimmers means that the swimmer is without time ().

13- Swimming competitions and championships include five methods ()

14 - The committee appointed by the competent authorities has the right to postpone competitions and issue instructions () 15

- In the World Swimming Championships, a minimum of 2 starters are appointed to the arbitration team ()

16 - In the World Swimming Championships, 16 stewards are appointed, two for each end in each lane () 17- In

the World Swimming Championships, a minimum of 2 race managers are appointed to the refereeing team ()

18 - The video used to determine the crisis taken by the control room supervisor can be reviewed () 19 - A dolphin

stroke with the feet is allowed during the initial tension with the hands in the breaststroke on the back at any time ()

Position 20 In butterfly swimming, it is absolutely not permitted to rotate the body

to the 21 - The Republic Swimming Championships are held according to the ONE START system ()

22 - The number of referees in international tournaments may be reduced after the approval of the relevant regional or international federations ().

23- There are 2 traffic controllers for each lane ().

24- In the Republic Swimming Championship, it is prohibited for any swimmer, male or female, to be present in the coaches and administrators' area ().

Club administrator and a sum of money is paid with the protest () By! 25 - Protests are submitted:

26 - One of the rescue tools in swimming pools and beaches is the rescue stick. ()

27- In case the times of the three timekeepers differ, the average time is taken ().

28- Water sports that are evaluated by points include (diving) () 29- Water sports in which the body position is horizontal include long-distance swimming ()

30- Water polo competitions are evaluated by goals ().

31 When called, take your place. The swimmer pulls on the arms to reach a suitable position above the water.

(32 of Water: () Techniques for performing the crawl on the stomach. Arm movement.

33- The first three swimmers in the relay races for all age groups will be awarded superiority points as follows: first 800 points, second

600 points, third 400 points. ()

environment and it is not necessary to be proficient in swimming (). German is a group of activities that combine the water Sports | Types 34 -

and classifications of water sports on devices and tools only in the place of practice () 35 - Limited

36- Includes swimming competitions and championships (freestyle and breaststroke competitions) only ()

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Sports

December 26, 2024

37- In the case of automatic arbitration, two starting permits and 16 rotation controllers are used.

38- The swimmer is allowed to swim underwater for a distance of 17 meters () 39- In the case of automatic refereeing, two starting ears and 16 rotation controllers are used ().

()

40- The trainer has the right to cancel the race of a swimmer who did not adhere to the legal uniform and the rules of announcements.

41- In butterfly swimming, the hands move forward above the surface of the water and then move backward under the surface of the water, each separately ().

42- In the freestyle race, the swimmers line up in the water facing the edge of the pool () 43- In the World Swimming Championships, a draw is used to determine the swimmers' lanes ()

44- Registered and unregistered swimmers with the Federation are allowed to participate in races (outside the race) () 45-

Standing on the bottom of the pool to benefit during freestyle swimming in medley races does not lead to the cancellation of the race ()

()

46- In the breaststroke race, the swimmers line up in the water facing the pool.

(23) degrees

..... Question 2: The last correct answer from among the brackets: 1 - If

taken as the reliable time. one of the timekeepers' clocks breaks down, the time is

Medium (C) Average (B) Intermediate (A)

The distribution is done by placing the fastest swimmer in the second elimination. 2- If it is

Three qualifiers (C) Two qualifiers (B) - One qualifier (A)

If there are two or more heats in any race, the distribution of the number of swimmers in each heat must not be

less than at least

(A) 4 - (B) 3 - (C) 2

..... 4- The fastest swimmer will be placed

in lane number (A) (B) (C).

..... How long is an Olympic-sized pool?

20m x 10m (C) - 2550m (B) - 25m x 12.5 (A)

In case of a false start, the swimmer is disqualified and out of the race in.... Third- 1

mistake (C) - First mistake (B) - Second mistake (A) Number

..... In swimming races he... of race equipment - 2

(A) (B) (C) If there 1

..... are three heats, the fastest swimmer is placed in the heat. 1

Second (C) - Third (B) - First (A) - The

first three swimmers in the individual races in all age groups are awarded points, with second place awarded

points.

(A) 40 - (B) 300 - (C) 10 - Based on 60

the decision of the General Assembly of the Egyptian Swimming Federation, which stipulates that the regional championships qualify for

the Republic Championships and the Egypt Cup for a number of swimmers only for the stages of 11, 12, 13, and 14 years.

For every club

(A) 0 - (B) 1 - (C) 2

..... 11 - Swimmers stand in the water facing the starting edge in

swimming stroke.. 12 Breaststroke (C) Backstroke (B) Stomach (A)

must cross the water surface for a distance not exceeding - The swimmer a

15 m: arms (C) - head (B) - back (A).

.. - The swimmer must remain on his back at all times except during 13

diving (C) - turning (B) - pushing (A)

..... 14 - If there are three heats, the fastest swimmer is placed in the

heat.. Second (C) - Third (B) - First (A)

..... 15 - He is the one who comments on the course of the tournament.

Referee (C) - Announcer (B) - Timekeeper (A)

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Sports

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Student Affairs

What is Asyoud?
Why is physical education?

room 20

2

individual medley race is for a number of swimmers. -16 The

(A) 4 - (B) 1 - (C) 2

17 - At the start of the race, the swimmer stands at the side of the pool, approximately from the starting line.

of 10 - (B) 0 - (C) 10

the sports covered by the International Swimming Federation 18 - Competitions (A)

Rowing (C) - Synchronized Swimming (B) - Surfing (A)

19 - Protests in swimming championships shall be submitted by the club administrator to

Registrars (C) - Secretary (B) - General Referee (A) 20 - Protests

announcement of the race result. the club administrator no later than . from the shall be submitted by

B) - Hour (A) 2 hours (C) - half an hour (

The system approved by the Egyptian Federation for registering participants in competitions - 21

(A) Team system - (B) team manager - (C) time system

cancel the race of any swimmer who has an advertisement on his swimming 22 - The right to

suit. Recorder (C) - General Referee (B) - Race Director (A)

Types and classifications of water sports that are used without external equipment 23 -

Water polo (C) - Diving (B) - Rowing (A)

24 - He must ensure that the legal uniform for each swimmer is

Preparer (B) - General Referee (A) 25 - Recorder (C) -

He is responsible for monitoring the swimmer's swimming style

Judge (C) Method Judge (B) - Timekeeper (A)

26 - In the event of a breakdown within the three hours, the time of shall be taken as the approved time.

Middle (C) Average (B) - Intermediate (A)

the starting line.

27 - At the start of the race, the swimmer stands at the side of the pool, approximately . from

15 m (B) - (C) 10 m (A) Swimmer

overtakes vertical position 28 - During the backstroke, you can...

Head (C) - Shoulders (B) - Arm (A) 29 - Symbolizes

that the swimmer is not credited with a time of

(A) MR - (B) NT - (C) DQ (A)

..... swimmer is placed in lane number.

(B) (C). 30 - The fastest

31 - is the final authority in all legal procedures for swimmers in the championship.

Recorder (C) - Preparer (B) - General Referee (A)

32 - It is judged by goals.

swim (C) Diving (B) Water polo (A) From the referee

Backstroke means that the swimmers must immediately get into the water. 3 - Long whistle. To take

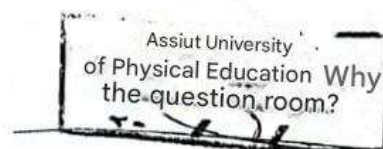
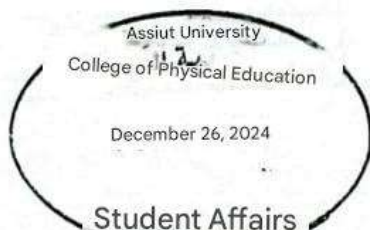
their places. Long

Third (C) Second (B) First (A)

..... 34 - The touch rule in breaststroke swimming...

with one hand (C) - any part of the body (B) with both hands (A)

Water sports in which the body position is horizontal: 35 -
fishing (C), synchronized swimming (B), and long swimming (A).



36 - Immediately after the race is over, the timekeepers assigned to each lane shall record their watch times on a scorecard.

Time and delivery to

Control room supervisor (C) Recorder (B) Chief timekeeper (A) 3 - In case a video recording device is not used, it becomes necessary to appoint a full crowd. Even in case of using automatic devices.

Final Judges (C) Rulers (B) - Timekeepers (A)

..... 38 - In the event of a stopwatch failure, the time will be taken.

Median (C) - Middle (B) - Average (A)

..... 39 - Monitors the rotation to see if it is correct or incorrect.

Way judges (C) End judges (B) Rotation watchers (A)

..... 40 - Blows the starting whistle for the race.

Recorder (C) - General Referee (B) Permission to Start (A) 41 - In breaststroke, at the beginning of the initial push with the hands and after each turn.

Side (C) - Back (B) Chest (A) 42 - Each judge

shall be assigned a position and the order determined by

Chief Judge of the Final (C) - Chief Timekeeper (B) - Arbitrator (A)

The Chief Judge of the Finish must report the finishing order to the recorder by means of the device after each race 43 - in the event that is not used.

Automatic devices (C) - Digital watches (B) - Video device (A)

..... 44 - The finish judges sit on high ladders along the line.....

Finish (C) - Start (B) Side (A)

45 - They may not be assigned to work as timekeepers in the same race.

Finish judges (C) - Method judges (B) - Turn controllers (A)

46 - A president responsible for reviewing the results printed by the device or the time results taken by the refereeing team after each race.

Registrars (C) - Timekeepers (B) - Rotation Controllers (A)

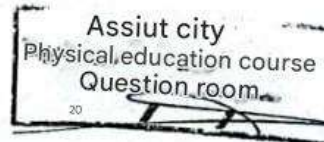
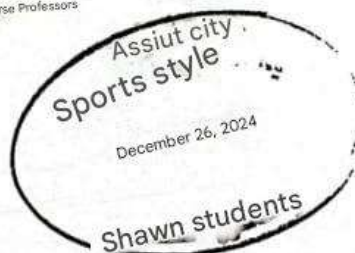
(14) degrees)

Question 3: Match from (A) what is appropriate from (B).

for		i	
A registrar		He must ensure that the referee signs all the results.	1
Administrative supervisor	B	Responsible for tallying withdrawals after qualifiers and finals	2
Swimming pool manager	C	Report to the referee a swimmer who deliberately disobeys orders and does not abide by the announcement rules.	3
D judges the end		They may not be assigned to work as timekeepers in the same race.	4
Race preparer	E	He is responsible for the administrative operations of the swimming pool.	5
Control room supervisor	f	Prepares records and books for the swimming pool.	6
G Judge of the way		Responsible for monitoring the swimmer's swimming style.	7

Best wishes

Examining Committee
Course Professors



4



Assiut University



College of Physical Education

12/26/2024	First semester	Sports and recreation management	Section
Two hours	Exam time	Sports management	Program
60 degrees	The total score for the exam	Fencing Management and Arbitration (Third Division)	Course name and code
Dr. Muhammad Mahran Mahran Hosni			Names of the exam
Asst. Prof. Dr. Hosham Saleh Abdel Gawad			preparation and correction committee
The test consists of three questions.			Test instructions and answer method
Number of test pages: 4 pages			
Think carefully before you answer questions, and do not let your pen precede your thinking.			
Answer on the answer sheet.			
Shade the answer that you think is appropriate on the answer sheet with your pencil and only shade the circle.			
One for each question.			
If you keep more than one mark, the answer is considered wrong.			

I would like to ask the following questions:

250 degrees) First question:

Put a check mark (✓) in front of the correct statement and an (x) in front of the incorrect statement, then shade it on the

answer sheet, where the letter (T) indicates the correct answer and the letter (F) indicates the incorrect answer.

F (x)	T (✓)	Phrases	
()	()	Egyptian women began practicing fencing in 1930 AD.	1
()	()	The Egyptian Rifle Club was founded under the chairmanship of General Maxwell.	2
()	()	The sabre is an extension of the Arabian sword, which is a cutting weapon, where the front edge is used to score touches.	3
()	()	The trousers should rise 8 cm above the jacket.	4
()	()	Only the French and Belgian fists are removed.	5
()	()	Maximum length of the handle assembly from guard to end of nut is 20 cm on a sword weapon.	6
()	()	The only types of grips in weapons are the French grip and the Belgian grip.	7
()	()	The sword weapon is an extension of the Arab weapon, which is a cutting weapon, and its back edge is used to record touches.	8

Assiut University
Why physical education

December 26, 2024

Students

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Physical education course
Question room

F(x)	(7)	Phrases	M
()	()	The target in the fencing sword weapon includes the whole body.	9
()	()	Yellow card indicates caution.	10
()	()	The International Federation of Equestrian Sports is abbreviated as FIE.	11
()	()	The foil and fencing mask should be lightweight and well ventilated.	12
()	()	Fencing clothing includes fencing suit, mask and gloves only.	13
()	()	The lines of the fencing court are drawn 5 cm wide, except for the middle line.	14
()	()	The maximum total length of the sword is 105 cm.	15
()	()	Players' equipment is checked and they are responsible for their equipment (weapons, equipment, clothing) from the moment they enter the ring.	16
()	()	The weight of the épée weapon must not exceed 770 grams and not be less than 750 grams.	17
()	()	The official language for correspondence and contracts is English.	18
()	()	The fabric part under the mask counts towards the legal target.	19
()	()	The correctness of the touch is determined by the referees and the electrical device.	20
()	()	Black card is given in groups for doping.	21
()	()	The red card indicates a warning.	22
()	()	The match time in the group stage is 3 minutes.	23
()	()	The minimum height of the metal collar should be 3 cm.	24
()	()	The foil is similar in weight to the épée.	25

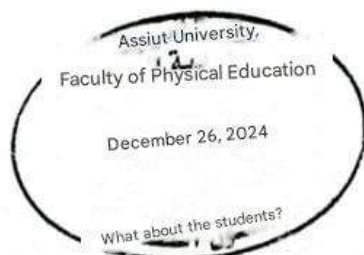
25000000) degrees The second question....

Choose the appropriate answer and shade it on the answer sheet, where the letter (A) indicates answer

(1), the letter (B) indicates answer (B), the letter (C) indicates answer (C), and the letter (D) indicates answer (D):-

line..... 1- The incentive line is 0.5 meters away from the finish
D 2 °-2 ε D T

2- The part of the blade is used in defenses, blade holds, and controlling the opponent's blade. A. Strong part B. Medium part C. Weak part D. Handle part



The Arab Weapons Federation is represented by the symbol... -2

D - A, B together FIE - ج CAE - ح AFC - ا

..... The width of the playing field lines is 5 cm, except for... -1

D- None of the above C The finish line It has a stimulus line A- The midline

..... It is a kinetic performance of changing the attachment twice in a row quickly. -0

d - (b, (c) together C docking change B The absence of the blade A- docking

..... - The swordsman used helmets, shields and sticks in the era. i

D Greek C Hadith It must be prehistoric A- The middle

the weight: The specifications of the foil mask and the fencing sword are: -V

D - All of the above C - Average B - heavy A - light

..... The seventh position of cohesion is called in French. -A

sapttime -3 octave -ج quarte - b sixte-i

..... It is the third farthest from the blade. It is considered -1

D - handle C - The strong part B - the weak part A - the middle part

The handle It is the link between the blade parts and the group. 10

d tongue of the blade C grip of the blade B - condom A gwanti

The weapon is considered the heaviest and longest of the three weapons. 11

D a, c together C - sword weapon It has a fencing sword weapon A- Shingles weapon

..... total length of the handle assembly must not exceed. 12 the

..... D 20 C-17 With it 19 18-1

..... used to protect the armed hand. 13

d the blade C nut B handle A condom

The Board of Directors of the Federation shall decide on the request for members to join within days. 14

D - 60 C - 50 B - 30 A-45

..... Whoever corrupts and confuses the system deserves a card. 15

D green C black B red A - yellow

Members, The executive office of the union consists of: 16

This C-3 B-4 2-1

Valid throughout the match. The card..... is a guess 17

D green C black red Yellow is

If the ring is on a platform, its height should not exceed cm. 18

D 30 0- ج It takes 60 1- 40

Term of the elected Board of Directors of the Federation, years 19

D 6 C-4 With it 1-3

When interrupting or stopping the match without a legal reason, this is the player's first mistake. 20

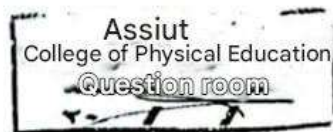
..... Punish the player with a card.

D green C black B red A- Yellow

For the African Union of Weapons, It is symbolized by 21

d CME -3 AFC -ج By FIE -ب CAE -ا

-3-



case of traditional arbitration and the absence of electronic arbitration devices, the referee helps

Referees to monitor the touches of both players.

d five C- Four B three Main . A two

It is considered one of the skills related to foot movements.

D All of the above

C - Jump forward

b- Backward

A - Moving forward

It is the position closest to the armed arm from above.

D - Seventh

Fourth c

B VI

A eighth

d error calculation

C - Calculating a touch

B The start of the match






A - Stopping the match

-25 The term HALTE refers to

)10 marks

The third question

Match the phrases in column (A) with their appropriate words in column (B).

for	
 -A	(1) A point is scored for the player to the referee's right.
 -B	(2) Permission to start and resume the match.
 -C	3) Asking the fencers to take a ready position.
 -D	4) Simultaneous attack by both players at the same time.
 -E	The player to the left of the referee was touched.

The questions are over

With best wishes for success and good luck,....



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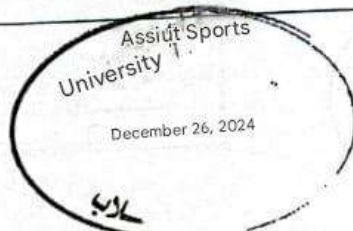
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





Self-Defense Sports Management (Karate) Exam, Third Year, Management Department, January 2025 Session

General instructions		
The question paper contains a question.	Total score: 10 points	Exam time: two hours
Do not shade more than one box.	Read the questions carefully, before shading.	Each question is worth half a mark.

Circle the correct answer, which is symbolized by (A), and black the wrong answer, which is symbolized by (B).

()	In case of a tie, we take into account the warnings received by the player.	1
()	The player will be sent off if he talks to the referee during the match.	-2
()	The term sensei means the coach's greeting.	-3
()	The karate mat consists of a square with a side length of 8 m.	-4
()	One of the conditions for calculating the correct punch is strong and effective application.	-5
()	Sizokte means permission to resume the match.	-6
()	When performing a yame, the referee steps forward with one foot.	-7
()	The term nokachi means victory.	-8
()	The term running means kicking.	-9
()	The correct shooting areas are the thighs.	-10
()	The jodan is the face and head area of the player only.	-11
()	The symbol H stands for Hanskochoji.	-12
()	The picture indicates ippon calculation.	-13
()	The safety zone is a rectangular area with a side length of 10 m.	-14
()	Bunkai kata means kata explanation and is performed in group kata.	-15
()	Sensho is cancelled after otoshibraku when the opposing player is withdrawn.	-16
()	Gogai means to get out of the rug.	-17
()	(May run in the belly Bioko.	-18
()	Or kickin is the decision to withdraw for the player who wears the red belt.	-19
()	One of the conditions for calculating a correct punch is balance.	-20
()	The picture shows the calculation of the ministerial Shodan Jari.	-21
()	Player "O" is the one standing to the left of the mat referee.	-22
()	Methods performed with force exceeding the permitted areas are considered a C1 warning.	-23
()	The match ends for the Aka player if the score is 10-2 for the player wearing the red belt.	-24



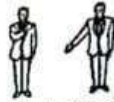


()	Pretending to win will result in a Kiken penalty.	-25
()	123 means a third warning and leads to the end of the match	-26
()	When performing a heel kick, the player gets an ippon.	-27
()	It is a symbol that means withdrawal S	-28
()	The symbol (kk) is placed when a player is expelled from the match.	-29
()	The term sencho means preference and is symbolized by the highest first recorded score.	-30
()	The previous shape expresses the offensive sizokti. 	-31
()	The referee wears a blue long-sleeved shirt under the suit. 	-32
()	Ready position in karate means yui	-33
()	Until the player got 3 points   The signs indicate	-34
()	The term Hantai is used to request the opinion of judges.	-35
()	The player loses if he gets 4 violations.	-36
()	When the referee resumes the match, he gives the order to attack.	-37
()	The referee's decision in the picture indicates that two points are awarded with preference. 	-38
()	The referee uses the term "Yamia" to stop the match during play. 	-39
()	Dangerous drop techniques are considered C1 violations.	-40
()	The match time for women is 3 minutes.	-41
()	The word Sanche means hand. 	-42
()	يشير قرار الحكم في الصورة الى احتساب نقطتين	-43
()	When a kick is performed in the jaydan area, a bayon is counted.	-44
()	The circle mark (O) indicates that the player scored two points.	-45
()	When a kick is performed in the side area, it is counted as a point.	-46
()	The term Shikaku is used when a player is knocked down by a knockout punch.	-47
()	The referee gives a Senshu to the player who got the first ministerial in the match.	-48
()	Late entry after 10 seconds is considered a violation of C2	-49
()	The referee decides to withdraw the player due to ineligibility.	-50
()	Kara means empty	-51
()	The match starts with an attacking shoup and is said only once.	-52
()	Sensei means teacher	-53
()	The symbol x means defeat	-54
()	It means or Shodan Zuki Yoko giving a point to the player who wears the red belt.	-55
()	Aka Ippon is awarded when a player lands a successful punch after a successful takedown.	-56

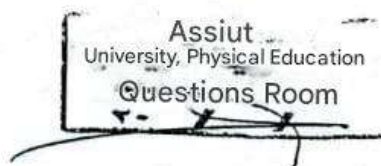
Assiut University,
Faculty of Physical Education

26 Reem 2024

Student Affairs

Assiut
Physical Education
Question Room

()	Defeat	The symbol means	57
()	Attacking limbs and joints is a prohibited act in the 22nd.		58
()	Attacking with the open hand is a second-box violation.		59
()	Aka Senshu Tormasen means to cancel the player's Senshu before the Atshubaku.		60
()	Match time is 2 minutes for juniors.		61
()	Twisting and turning is a violation of the second box.		62
()	It means or Shodan Gri Ministerial giving a point to the player who wears the blue belt		63
()	The referee's decision in the picture indicates that a point is awarded to player Aka.		64
()	One of the criteria for calculating points is balance.		65
()	Or Choi 1 means stopping the blue belt player.		66
()	Aka Yoko is given when a player wearing a blue belt lands a punch on the sides.		67
()	Aka Kiken means the victory of the player wearing the blue belt.		68
()	The kumite refereeing team consists of a mat referee and four judges.		69
()	Aka Wazari is given when the player wearing the red belt lands a kick to the stomach.		70
()	The criteria for evaluating kata are technique, strength, speed and balance.		71
()	result indicates that the blue player has won.	Aka 0000 or 0000 This	72
()	Good standing is one of the criteria for calculating points		73
()	Aka Waziri is given when the player wearing the red belt takes a kick to the neck.		74
()	Aka Senshu Tormasen means cancelling the player's Senshu for the last 15 seconds of the match.		75
()	When performing a correct takedown, the opponent must not be lifted higher than the knees.		76
()	The referee's decision in the picture indicates that a point is awarded to the player Aka.		77
()	The correct shooting position is the chest.		78
()	Compound methods are calculated with PIBON.		79
()	When performing the kata, the player salutes and then calls the name of the kata.		80
()	The player is allowed to talk to the opposing player during the match.		81
()	The timekeeper blows one whistle at the seventh second.		82
()	The referee places his hand in front of his face when calling a shincho.		83
()	1234 This result indicates that the blue player has won. 1C	12 or S	84
()	52 Prohibited Actions: Passive Play		85
()	The referee's decision in the picture indicates an ippon.		86
()	When attacking the opponent with the knee, a warning is given.		87
()	When the player himself is injured, Gogay is considered		88



()	Aka Shway 2 means a warning for the red player.	89
()	When carrying out attacking methods with the hand, head or knee, the player is expelled.	90
()	One of the criteria for calculating points is good timing.	91
()	Kicks to the abdomen count as kicks.	92
()	It is not permissible to exaggerate the player's winning points during the match.	93
()	Dangerous throws are worth three points.	94
()	Leaving the playing area without interference from the opponent is considered a goal.	95
()	When a player attacks the referee, a warning is given.	96
()	A warning is given when an injury is claimed.	97
()	A player is declared withdrawn at the beginning of the match if he is late to enter the field after 10 seconds.	98
()	The kata player is given a zero if the belt falls to the ground during the kata performance.	99
()	A player is declared withdrawn due to ineligibility during the match.	100
()	يعني الرمز الى تسجيل ثلاثة نقاط	101
()	Shikaku is given to the player when the belt is thrown to the ground.	102
()	Allows players to twist and turn when throwing punches.	103
()	Aka Shikaku means expulsion of the blue player.	104
()	Payment is considered a warning that cancels the Sanzhu in the last 10 seconds.	105
()	One of the criteria for calculating points is the correct direction of the strike.	106
()	When attacking the opponent's knee with the foot, a warning is given.	107
()	108 Holding the opponent's hand without registering is considered a warning.	108
()	When attacking with an open hand, the player is sent off.	109
()	One of the criteria for evaluating a kata is the degree of coordination among the players.	110
()	The referee's decision in the picture indicates a point.	111
()	A throw-out is considered when a player throws the belt to the ground.	112
()	The player's withdrawal is announced when the level is equal.	113
()	One of the criteria for calculating points is strong and effective application.	114
()	One of the criteria for evaluating a kata is correct breathing.	115
()	10 seconds are counted for the player who fails to the ground.	116
()	The image indicates a ministerial calculation.	117
()	The referee announces the end of time by atochubraku.	118
()	Lucaci's word is victory.	119
()	Players' nails must be short and no player is allowed to wear a ring.	120

Questions are over... We wish everyone success... Examiners Committee

Assiut University
College of Physical Education

Kim 26 2024

Tsun students

Oh Assiut
Leah Physical Education
Question-Room



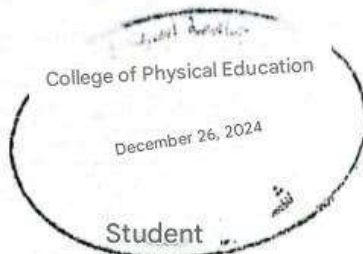
Division: Third
Time: two hours
Total score: 60 points

College of Physical Education
Department of Sports and Recreation Management

June Exam Second Semester 2024 AD
"Rhythmic Gymnastics Administration and Refereeing (Girls) Exam"

Question 1: Put a check mark (t) in front of the correct statement and a check mark (f) in front of the incorrect statement. (Score (20))

t	f	phrase	M
		1 Rhythmic gymnastics is a competitive sport with an aesthetic and artistic character and is practiced by men and women.	
		Ancient Pharaonic Egypt is considered to have laid the foundations for gymnastics.	2.
		The duration of the group movement sentence is 7 minutes.	3.
		The idea of practicing rhythmic gymnastics spread internationally at the hands of Ernst Adla, who developed the performance of rhythmic gymnastics.	4.
		The basic body difficulties that rhythmic gymnasts are held accountable for according to modern international law are divided into five basic groups.	5.
		The coach is allowed to communicate with the players when performing the movement sentence during the competition.	6.
		The time rule is responsible for the time of the sentence and the time deductions.	7.
		Rhythmic gymnasts are allowed to use alternative equipment during competition without a deduction.	8.
		The performance of rhythmic gymnasts is evaluated by means of observations during the performance of the movement sentence.	9.
		The Egyptian Gymnastics Federation is responsible for setting the general policy that achieves the spread of the game in the Arab Republic of Egypt and raising its level.	10.
		Team players may wear a different colour and shape uniform when performing the movement sequence during the competition.	11.
		The referee will be disqualified from the competition if he communicates with the coach and the player.	12.
		Attending the refereeing courses held before the tournament is one of the basic conditions for selecting female referees.	13.
		All rhythmic gymnastics equipment conforms to all legal sizes for each equipment.	14.
		This symbol (U) within the arbitration form refers to the ribbon tool.	15.
		Number of judges in the first group (difficulty (D)) 9 judges	16.
		As a judge, it is your responsibility to examine the tools and ensure their legal specifications.	17.
		A substitute player may be used even if the original player is on the court without a deduction.	18.
		The International Court is a first instance court and has been a first instance court for at least two years.	19.
		Rhythmic gymnastics is a movement system consisting of body skills and skills using four tools.	20.



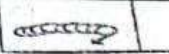

sheet (mark (20)).

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

phrase	M
The ribbon is one of the rhythmic gymnastics tools. Its length ranges from 3-2-1 meters.	1.
ج- 6-4 ب- 5-3	
was recognized as an independent sport. During the 41st Congress in June 1960-1... rhythmic gymnastics	2.
1962 Hajj ج- 1961 ب-	
... The symbol (O) refers to one of the tools used in rhythmic gymnastics, which is...	3.
A - The ball B - The rope A - The hoop	
The duration of the movement sentence in individual rhythmic gymnastics competitions ranges between	4.
1:45-1:30 ج- 11:15-12:30 Pour ب- 1:15-1:00 ا-	
As one of the tools in the exercises in 1830 AD Enter Mido..	5.
C tape B ball A - The collar	
Rhythmic gymnastics hoop weight ranges	6.
C - 300 grams B - 200 grams 1 - 100 grams	
The symbol (U) refers to one of the tools used in rhythmic gymnastics, which is....	7.
C - the ball B collar A - The rope	
The rope used in rhythmic gymnastics is made of...	8.
C - All of the above With satin A - Cotton	
It is the stage in which the position is maintained according to the degree of difficulty and it is one of the technical stages of performing balance.	9.
C final stage B basic stage A - The preliminary stage	
This symbol (X) inside the arbitration form represents one of the uses of the mace, which is: A - Throwing and receiving B - Small circles A - Mills	10.
The body's difficulties within the motor system are symbolized by...	11.
C All of the above DA ب- DB ا-	
The second-degree referee gets the badge...a	12.
C bronze B silver - gold	
area of the mat on which the player performs the movement sentence is 14*14 m.	13.
15*15- The ج- 1-12*12m	



Physical education)
Nonsense questions 20

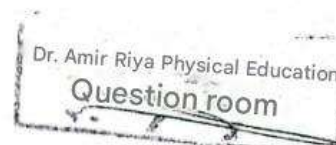
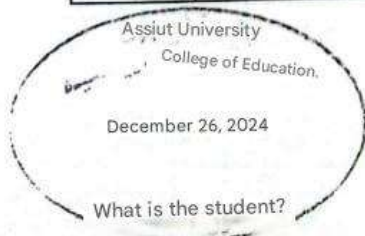
.....	Number of courts of the second group (the opponent (E))	14.
C- 10 courts	B 7 courts	4-1 Courts
 This image shows the skill symbol bar within the arbitration form.	15.
C - The eight shapes	B snake shapes	A- Spiral shapes
 Choose a suitable referee symbol for this image.	16.
(U)-ع	(7) B	(T) -ا
.....	Rhythmic gymnastics is a modern form of sport that is performed in a...	17.
C All of the above	B collective	A single
The main force of ascent is directed towards the ground and mostly the ascent is done with both feet together.	And when performing	18.
c rotations with support	B balances	A jumps
degree The International Rhythmic Gymnastics Laws were amended in 2017/2020 to make the total score		19.
70 -ع	50 -ب	30 -ا
for body movements	The term JUMP refers to a group.	20.
C jumps	B weights	A pivotal role

Question 3: The following phrases explain some arbitration situations. Choose the appropriate discount value for each phrase.

Class (20)

<u>A-NO</u>	<u>B-0,1</u>	<u>C-0,3</u>	<u>D-0,5</u>
--------------------	---------------------	---------------------	---------------------

Discount value	Phrases	M
	For every additional or missing second in motor sentence time.	-1
	2 For logo or advertising that does not comply with official standards.	
	3 Low height of the player when performing jumps.	
	4 Unauthorized use of the replacement device while the original device is still on the floor.	
	Area.	

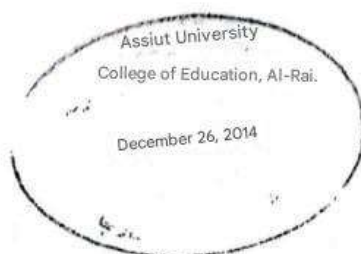


	5. For each boundary crossing of the floor area played by any part of the body touching the ground outside the designated area.	
	6 One of the team players left the group during the movement sentence for no good reason.	
	7 Lack of harmony between the musical and movement rhythm in a part of the movement sentence	
	8 The player performed the scissors jump by switching legs and extending the knees.	
	9 Move the pivot foot during pivot rotation.	
	Incorrect hoop swing with bounce during body trajectory with bouncing	10
	Performing irregular or cutting motions while performing small circles and mills	11
	Lack of variety in the use of floor space - space levels directions with tool or body in a large part of the motor system	12
	13 The player lost the tool and returned it after taking one step.	
	Throwing and receiving the ball with both hands together	14
	The player lost one end of the rope with a slight failure in the exercise.	15
	The shape is not fixed and defined when performing the forward balance skill.	16
	The player performed an exaggerated sentence beginning or ending position.	17
	The player lost the tool and returned it after it bounced on the ground.	18
	Knot in the tape tool without cutting or stopping in the exercise.	19
	Incomplete rolling of the ball tool with bouncing on the body	20

The questions are over with best wishes for success and good luck...

Dr. Yasmine Sayed Hosni

Prof. Dr. Rania Morsi Abu Al-Abbas Abdel Aziz





Assiut University



College of Physical Education

December 2024	First semester	Sports and recreation management	Section
Two hours	Exam time	Sports management	Program
45 degrees	The total score for the exam	Internal practical management skills	Course name and code
Dr Shorouk Gamal Mohamed		Names of the exam preparation and correction committee	
Prof. Dr. Hazem Kamal El-Din Dr. Sherif Gamal Mohamed			
The test consists of two questions		Test instructions and answer method	
Number of test pages: 4 pages			
Think carefully before you answer questions, and do not let your pen precede your thinking.			
Answer on the answer sheet			
Shade the answer that you think is appropriate on the answer sheet with your pencil and do not			
Shade only one circle in each question.			
If you keep more than one mark, the answer is considered wrong.			

45) degrees ()

I would like to ask the following questions:

Put a check mark (✓) in front of the correct statement and an (x) in front of the incorrect statement, then shade it on the answer sheet, where the letter (T) indicates the correct answer and the letter (F) indicates the incorrect answer.

Answer	Phrases	M
()	Chapter Four: The disbursement of the Supervisory Authority's bonuses, gifts and awards is done through it.	.1
()	The administrator carries out the administrative procedures for establishing the project after approving the general and financial memorandum.	.2
()	A constant flow of facts and ideas is not a characteristic of the physical education profession.	.3
()	The administrative leader in the sports field has many qualities, including good behavior, initiative, and integrity.	.4
()	Work philosophy and methods of developing performance from human skills for sports administrators	.5
()	The Scientific Journal of Physical Education is not considered a component of the advancement of the physical education profession.	.6
()	Responsibility and accountability are not essential features of a sports administrator.	.7
()	Human skills are the ability of an individual to predict, imagine, and see the complete picture of any situation.	.8
()	Administrative efficiency and feedback are reasons for the failure of sports administrators	.9
()	The ability to support and assist employees is part of his job duties as an administrative leader in the sports field.	.10
()	In-service training is a component of the advancement of the physical education profession.	.11
()	One of the components of the advancement of the physical education profession is the personal professional library.	.12
()	Professional and scientific conferences are an essential component of the advancement of the physical education profession.	.13
()	The Scientific Journal of Physical Education is one of the components of the advancement of the physical education profession.	.14
()	Scientific and professional periodicals and magazines are essential components for the advancement of the physical education profession.	.15

Assiut city
College of Physical
Education Question Room

Assiut University
College of Physical Education
22nd Kimber 2024
Student affairs

Answer	Phrases	M
()	Types of administrative skills in the sports field: technical, human, and intellectual skills.	.16
()	Technical skills are the leader's ability to perform his work and his understanding of the nature of the work he does.	.17
()	Human skills are the ability of an individual to interact and deal successfully with others.	.18
()	Human skills are the leader's ability to understand the behavior, motivations, personalities, and relationships of employees.	.19
()	Cognitive skills are the individual's ability to predict, imagine, and see the complete picture of any situation.	.20
()	Intellectual skills are represented by openness to the outside world and knowledge of what science has achieved and its applications.	.21
()	Work philosophy and methods of developing performance from technical skills.	.22
()	Coordinating jobs and work methods and techniques are technical skills for sports administrators.	.23
()	Understanding, perception and effective communication skills are human skills.	.24
()	Conflict management and crisis management skills are human skills.	.25
()	Guidance, training and counselling skills are human skills.	.26
()	Mental readiness, innovation and creativity are intellectual skills.	.27
()	Initiative and predictability are intellectual skills.	.28
()	One of the basic characteristics of a sports administrator is the balance between goals and setting priorities.	.29
()	One of the basic characteristics of a sports administrator is responsibility and accountability.	.30
()	Working as a politician, diplomat and mediator are essential characteristics of a sports administrator.	.31
()	The administrative leader in the sports field has many qualities, including foresight, honesty, justice, and intelligence.	.32
()	The administrative leader in the sports field has many qualities, including good behavior, initiative, and integrity.	.33
()	The ability to support and assist employees is one of the qualities of an administrative leader in the sports field.	.34
()	An effective administrator is characterized by being a decision maker, planner, organizer, leader, delegate, trainer, and teacher.	.35
()	Sports knowledge and administrative planning are the components of the success of the sports administrator.	.36
()	Administrative competence and feedback are the components of the success of the sports administrator.	.37
()	Follow-up, evaluation of results and high expectations are the components of the success of the sports administrator.	.38
()	There are five basic characteristics of the components of the success of the sports administrator.	.39
()	Types of purchasing are direct order purchasing, practices and tenders.	.40
	There are only two types of purchasing: tenders and practices.	.41
	Direct order purchases are of only two types: general purchases and limited purchases.	.42
	Direct order purchase is a type of purchasing items using an invoice and not exceeding 100 pounds.	.43
	When purchasing by public tender, it must be published in three official newspapers.	.44

Rasat Assiut
Physical Education
Question Room.

Assiut University,
Faculty of Physical Education,
22 December 2024
Student affairs

Answer	Phrases	M
	Sports activity consists of basic motor skills, physical fitness, and group and individual games.	.45
	Cultural activities include reading and summarization competitions, general information competitions, and seminars.	.46
	The social field is represented by internal and external trips, one-day trips, and parties.	.47
	The artistic field is represented in painting paintings, sculptures and painting on glass.	.48
	The sports field is represented in drawing artistic paintings, sculptures and painting on glass.	.49
	The VIP platform is arranged from right to left.	.50
	The platform for VIPs is arranged from the middle, then right and left.	.51
	The organizing committees of the project and the festival are determined according to the size of the project.	.52
	The temporary basket will be settled within one month from the date of project implementation.	.53
	The project objectives are defined in the general and financial memorandum.	.54
	There is a difference between the execution date and the execution period.	.55
	The implementation date represents the period in which the project will actually be implemented.	.56
	Implementation period expresses the period during which the project will be implemented.	.57
	Three technical personnel sign the order for the purchase of the project's purchases.	.58
	After approval of the quotation, the order is signed, followed by the supply order.	.59
	The administrative file includes the general and financial memorandum, the invitation, the advertisement, administrative correspondence etc.	.60
	The technical procedures include the organizational structure of the tournament, the distribution of committees, and the actual implementation of the festival.	.61
	A comprehensive report is prepared on the project, explaining the positives and negatives.	.62
	The sports administrator announces the project on the bulletin board.	.63
	The sports administrator presents the memorandum to the director of the administrative body responsible for the organization.	.64
	Tenders are of two types: public tenders and limited tenders.	.65
	Practices are a type of purchasing used by the administrator to purchase by dealing with registered suppliers.	.66
	When conducting a tender, at least three price offers must be submitted in a public session.	.67
	The expenditure of the first chapter of the budget shall not exceed 35% of the proposed budget.	.68
	Spending on organizing tournaments and festivals is done through the fifth and sixth spending gates.	.69
	Spending on organizing tournaments and festivals is done through the first and second spending gates.	.70
	Spending on organizing tournaments and festivals is done through the first and fourth spending gates.	.71
	Writing reports is the last step in preparing the administrative file for organizing tournaments and festivals.	.72
	An invitation is addressed specifically to a specific person or in his/her capacity to attend.	.73

Assiut
University, Faculty of Physical
Education, Question Room 20



Assiut University
College of Physical Education
Kim 22 2024
Student Affairs

Answer	Phrases	M
	The advertisement is directed specifically to a specific person or in his capacity as an attendee.	.74
	The announcement is made in general to everyone and includes the conditions for participation in the tournament or festival.	.75
	The general and financial memorandum is a memorandum that includes all the instructions related to the tournament or festival.	.76
	There is no difference between financial instructions and financial credits.	.77
	Financial instructions are an explanation of what is written in the financial credits.	.78
	There is no difference between the food allowance and the continuity allowance.	.79
	Items of disbursement of Chapter One: Supervisory Authority bonuses.	.80
	The standing advance is the amount of money that is disbursed from the secondary activity plan of the institution.	.81
	The temporary advance is the financial amount that is disbursed from the institution's treasury.	.82
	The competent administrative authority may sign the temporary advance, provided that it is effective within one month.	.83
	Each institution has eight expenditure gates, and the items in each gate differ from one another.	.84
	Selflessness and serving others are characteristics of the physical education profession.	.85
	Physical education has many distinctive characteristics, including the profession it is practised in.	.86
	Self-regulation is a distinctive characteristic of the physical education profession.	.87
	The constant flow of facts and ideas is one of the characteristics of the physical education profession.	.88
	The characteristics of the physical education profession are limited to five elements.	.89
	Activities of a mental nature are a characteristic of the physical education profession.	90

With best wishes for success and good luck....

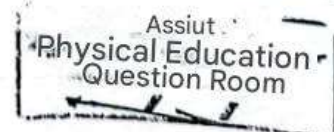
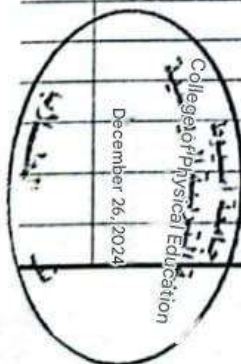
Assiut University,
Faculty of Physical Education,
Question Room 20

Assiut University,
Faculty of Physical Education
22 December 2024
Student Affairs

		Assiut University Faculty of Physical Education, Department of Sports Management and Recreation			
First semester, first round, 12/26/2024 AD	Semester and history	Sports and recreation management	pastor		
2 hours from 3:5 pm	Test time	Sports management	Program		
10 degrees	Total score for the test	Optional (2) Management and refereeing of gymnastics competitions	Course name and code		
		Code (317) D/C			
(بنات)		Third	The band		
Prof. Dr. Mohamed Taha Abdel Massari	Dr. Mohamed Said Mohamed Abdel Qader	Committee of Examiners			
The test consists of three compulsory questions. — Number of test pages: 4 pages. — Think carefully before you answer questions, and do not let your pen precede your thinking. —					
Test instructions					

Answer all of the following questions:
 (60) degrees (.....)
 (25) degrees (.....) } In front of the wrong statement Question 1: Put a check mark (✓) (A) in front of the correct statement and a check mark (B) (X).

Answer	Phrases	
	2.40C+B+B+D+E+F+D Difficulty value	1
	The value of each configuration requirement is 0.30.	2
	The player has the right to announce her score immediately to the public after completing the exercise, electronically or manually, in a manner approved by the International Federation.	3
	The function of the referees committee (D) is to observe the exercise and pay attention to general, technical and positional errors.	4
	Improving the physical, skill and numerical level of club players within the Arab Republic of Egypt is one of the goals that the Egyptian Gymnastics Federation seeks to achieve.	5
	The E judges sit counterclockwise.	6
	The player is not allowed to put small marks on the balance beam apparatus. In the event of such an infringement, the player will be subject to an equipment violation, the value of which is (0.50) of the player's final score.	7
	The leg width of the players' uniform in the tournament must not exceed the hip bone (at least).	8
	The function of the referee (R) is to monitor the lines on the ground motion device.	9
	Secretaries must have full computer knowledge and are appointed by the head of the department.	10
	In case of doubt by the video review committee, the decision shall be in the player's favour and the Chairman of the Supreme Referees Committee shall send a report.	11
	Secretary General of the International Federation after 110 days of the tournament.	
	12 There is no binding value or configuration requirement for the vaulting table device within the Jury D's score.	
	13 The number of line judges on the ground movement apparatus is 2 line judges.	
	14 The number of time judges on the balance beam apparatus is only two.	
	15 The athlete has the right to consult with her coach during the 30 seconds between the first and second paragraphs on the horse apparatus.	
	16 Performance, technical prowess and dance discounts from the functions of the jury.	
	17 Exercise time on the floor machine: 90 seconds.	



The player must demonstrate good sportsmanship at all times during the tournament.	18
The player has the right to repeat the movement sentence if it is exposed to reasons beyond her control.	19
Individual all-around championship is one of the most important competitions that precede the qualifying championship organized by the International Gymnastics Federation.	20 The
Line judges raise a red flag to indicate that a player has gone out of bounds.	21
In case of a simple error, the deduction is:- (0.10) points.	22
Movement evaluation in gymnastics is based on form and direction.	22
Ensuring that the timetable announced in the plan is implemented and respected is the responsibility of the Chairperson of the Supreme Referees Committee.	24
The short exercise is concerned with calculating the jury score where the player can obtain the maximum score.	25
Motivating players is important for better performance, so coaches must motivate them constantly during training. This is one of the most important psychological matters on which the science of training in training halls is based.	26
The coach is allowed to remove the extra mattress from its location in the landing area during practice immediately after use.	27
The number of referees in the Olympic tournaments is 9 referees for each apparatus.	28
Line judges are located in opposite corners and observe the two closest lines on all equipment.	29
The gymnastics uniform is allowed to be worn in the championship as a one-piece covering the entire body with or without sleeves.	20
It is the coach's duty not to obstruct the referee from watching the training or violate the rights of others.	21
The judges of the difficulty of performance panel sit in line with the centre of the apparatus.	22
It is allowed to wear a padding on the seat or other.	22
The player must present herself in a manner appropriate to the referees' committee, otherwise she will be subject to deduction.	24
The deduction for line hazards on the ground movement apparatus is applied to the player's final score.	25

14 degrees (.....)

Question 2: Choose the correct answer from the following answers.

Answer	Phrases	Choose the correct answer from the following:
	In the tournament,	The player must wear a uniform with a high neck in the front.
	Not to exceed the end of the breastbone. -C	Not more than the middle of the breastbone. -A
	Not more than the middle of the hip bone. -D	Not to exceed the beginning of the breastbone. -B
	The deduction value is in the event of taking a step outward with both feet outside the designated landing marks on the vaulting table device.	
	.(0.30) -C	.(0.00) -A
	.(0.50) -D	.(0.10) -B
		Discount value in case of major error
	.(0.30) -C	.(1.00) -A
	.(0.50) -D	.(0.10) -B
		The International Gymnastics Federation organizes a number of in official competitions.
	Four championships. -C	Two championships. -A
	D three championships	One tournament. -B
	The value of the deduction in the event of the coach speaking violently to the judge (referee) while she is busy with the arbitration. One point for the first time.	
	.(0.30) -C	.(1.00) -A
	.(0.50) -D	.(0.10) -B

Assiut
Sports Club

26th of July 2024

Students

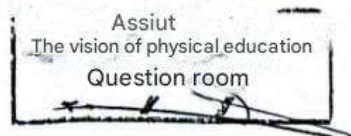
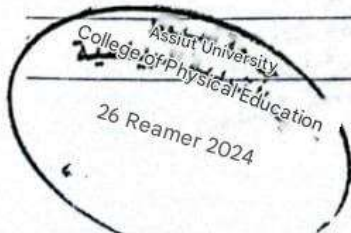
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The state of education
Question room -2-

Any assistance from the trainer that contributes to completing the movement is met with		
With a discount of (0.50) points. -C	Deducting (1.00) from the player's final score. -A	1
With a discount of (0.30) points. -D	By not calculating the value of the movement. -B	
Discount value in case of moderate errors degrees.		
(0.30) -C	(0.00) -A	2
(0.50) -D	(0.10) -B	
Judge on the vault table behind the control lines on the vault table then the technical committee must choose a number		
	Landing zone only.	3
(1) -C	(3) -A	
(2) -D	(1) -B	
The coach has the right to put an additional mattress with a thickness of		
30 cm. -C	20 cm. -A	4
15 cm. -D	B 10 cm.	
The exercise starts within of the green light or the signal from the head of the device.		
40 seconds. -C	A half a minute.	10
10 seconds. -D	60 seconds. -B	
..... The player and her coach must be		
With good sportsmanship. -C	Polite behavior. -A	11
D All of the above.	With disciplined behavior. -B	
..... Number of members of the jury (D)		
Referees in the Olympics. 4 -C	to rule. 2 -A	12
together) (-D	Referee in international tournaments. 2 -B	
The value of the discount in the event that the coach helps the player to complete her movement on the parallel bars of different heights ...		
(0.30) -C	(1.00) -A	13
(0.50) -D	(0.10) -B	
..... The player has the right to have her performance judged.		
legal. -C	fair. -A	14
D All of the above.	B- True.	

11) Degree (.....) Choose what is your decision as a referee in the following situation cases and situations?

Every time When bending the arms the discount value is...		
0.50 -C	0.10 -A	1
D All of the above.	0.30 -B	
Be every time When the legs or knees are opened wider than the shoulder width, the discount value is		
0.50 -C	0.10 -A	2
together) (-D	0.30 -B	
Every time When the two men cross during the turn, the value of the opponent is.		
0.50 -C	0.10 -A	3
together) (-D	0.30 -B	
In case of inaccuracy in motor performance, the deduction value is each time.		
0.50 -C	0.10 -A	4
1.00 -D	0.30 -B	



If the player performs simple additional steps, a light jump, the deduction value is each time.		0
0.50 -C	0.10 -A	
Together (BA) -D	0.30 -B	
In case of deep squatting, the discount value is each time.		1
0.50 -C	0.10 -A	
together) (-D	0.30 -B	
If the player supports the mattress or device with one or both hands, the deduction value will be each time.		Y
0.50 -C	1.00 -A	
0.10 -D	0.30 -B	
What is your decision as a referee (D) in the following arbitration cases and situations?		
..... If the player crosses the ground lines in the form of a single step or hand outside the boundary marks with the foot or hand, the deduction value is...		A
Every time		
0.50 -C	1.00 -A	
0.10 -D	0.30 -B	
If the player crosses the ground lines in the form of a step (steps) with both feet, hands, or a part of the body, or lands with the feet outside		
is. Each time The limits then the value of the discount		9
0.50 -C	1.00 -A	
0.10 -D	0.30 -B	
What is your decision as a referee (D) in the following arbitration cases and situations?		
The player has committed unsportsmanlike, offensive or unruly behaviour.		
(0.50) discount from the final grade. -C	Deduction of (0.30) from the final grade, as determined by the Chairman of the Supreme Referees' Committee. Deduction of (0.10) from the final grade. -B	10
D Verbal warning and caution to the player.		
What is your decision as a referee (D) in the following arbitration cases and situations?		
..... If the player is absent from the tournament area without permission, the result will be:		
Final grade (0.00). -C	Cancel results. -A	11
Deduct (1.00) from the player or team. -D	Disqualification or expulsion from the rest of the tournament. -B	

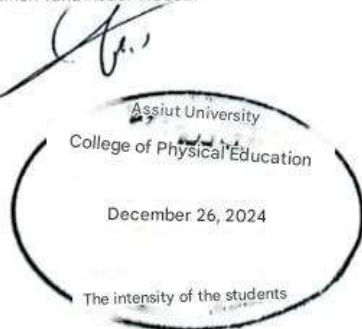
The questions are over...

With best wishes for success and good luck....

Examiners Committee...

Dr. Mohamed Saad Mohamed Abdel Gader

Professor Dr. Moamen Taha Abdel-Naeem





Boxing management specialty exam

January term exam for the academic year 2024/2025

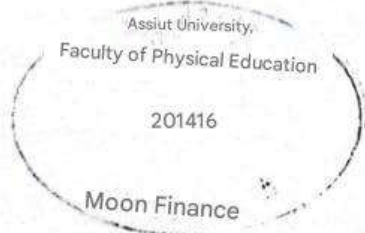
The maximum score is 60 degrees

The exam time is two hours

Division: Third (Management)

Question 1: Put a check mark (T) in front of the correct statement and an X mark (F) in front of the wrong statement.
Wrong and shade it on the answer sheet: 30 points

mistake	correct	Arrah	I play	Ferry number
			The height of the first rope above the surface of the boxing ring is 140 cm.	1
			The number of weights for first-class men's boxers is 12 weights.	2
			One of the cases of stumble in boxing is momentary immobility.	3
			One of the requirements for a punch to count is to keep the left fist next to the chin.	4
			A boxer must be clean-shaven both inside and outside of matches.	5
			Ring felt thickness not less than 2 cm	6
			A boxer may keep his arm extended while punching to defend himself.	7
			The boxer must wear a smooth medical bandage no longer than 2 m.	8
			It is important for the referee's movement in the ring to be fast and close to the boxers.	9
			The boxer's follower may remain on the ring ledge during the match to cheer on the boxer.	10
			Boxing tournaments are held on a one-off basis.	11
			Referees and judges in the International Federation are classified as international referees and judges.	12
			The punching glove must be approved by the tournament organizing committee.	13
			The boxer must wear gloves before entering the ring.	14
			The referee's main responsibility is to maintain the safety of the boxers.	15
			When giving a warning to a boxer, the referee must direct the signal to the judge and then to the boxer.	16
			One of the conditions for the punch to be counted is that it must reach the front of the glove anywhere on the head.	17
			One of the cases of a stumble is when a boxer falls and is counted 10 compulsory counts.	18
			The glove weight for first class players is 284 kg.	19
			A boxing match can be officiated by 4 judges in local matches.	20
			A boxer must wear a ball guard during boxing matches.	21
			A boxer may wear shorts that do not exceed the knees and do not fall below the middle of the thighs.	22
			One of the judges' criteria for rating rounds is 10-8, meaning the round is somewhat superior.	23
			The height of the boxing ring post from the ring surface should be 135 cm.	24
			When a boxer falls to the ground as a result of an effective punch, the referee must count him out.	25
			One of the rules for winning in boxing is winning by hitting the head multiple times.	26
			The referee cannot start the match unless he gives a clear signal to the chairman of the referees committee.	27
			The boxer may continue the match at his own risk after his trainer announces his withdrawal.	28
			The doctor's decision is not final in the case of injury, but his decision is very important for the judgment.	29
			If the boxer hits the referee, the referee must warn him immediately.	30



Question 2: Choose the correct answer and shade it on the answer sheet: 30 points

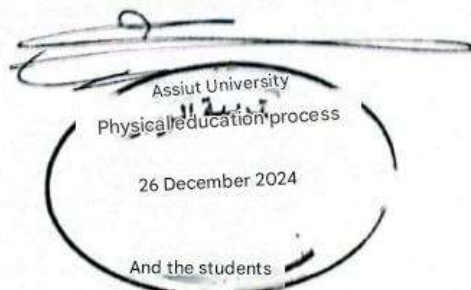
	The boxer falls and is counted three times in the match.	1
-C- Complete the match normally.	B wins multiple headbutts I win by knockout	2
	The boxer made a mistake and threw a direct punch at the other after the word STOP.	
	C crossed out the boxer B boxer's salam A boxer's warning	3
	While counting on the boxer, his trainer tried to pull him out by throwing a towel over the ropes from the boxer's corner.	
C Stop counting	B: Announcing the boxer's withdrawal	4
	Both boxers went down at the same time without any effective punches.	
C- Stop the match and resume punching immediately.	B counting on his boxers A- Resuming the match	5
	A boxer stepped into the ring and the other boxer did not appear until the third and final call.	
C rematch	b Wait for 1 s End the match directly A	6
	When performing the left straight leg with the head, the right foot rotates.	
C top.	B out. A to the inside	7
	In the event that the boxer falls to the ground as a result of an effective punch.	
Count on the boxer 10 counts.	With a direct knockout blow. A count on the boxer to 8 counts	8
 The height of the fourth rope above the ring.	
H 130 cm	With 235 cm A 135 cm	9
	When a boxer is given a warning, the warning is first given to	
	B for the judge. A for boxer	10
	The knockout punch that a boxer receives is symbolized by the symbol	
K.A -ع	K.D -ب K.O -ا	11
Arms down in boxer.	Legal mistakes made by boxers	
	B entry with the head. A- Switch feet.	12
	If both boxers are injured in the final match, the match is decided by...	
C: unequal.	B in points A- By injury.	13
	The thickness of the smooth medical bandage that the boxer wears during the match?	
C 7 cm.	B 6 cm. A- 5 cm.	14
	Boxing tournaments are organized in a single-elimination format, taking into account	
C imaginary boxer rule	A retention rule	15
	In the rule of classification.	
C-10-6	B 10 - 9 1 - 10 - 8	

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

Committee of Examiners

Dr. Amr Ahmed Mohd

Prof. Dr. Ahmed Mohamed Ahmed Abu El-Yazid



Question 2: Choose the correct answer and shade it on the answer sheet: 30 points

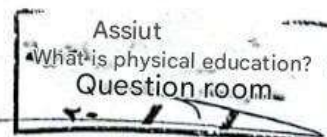
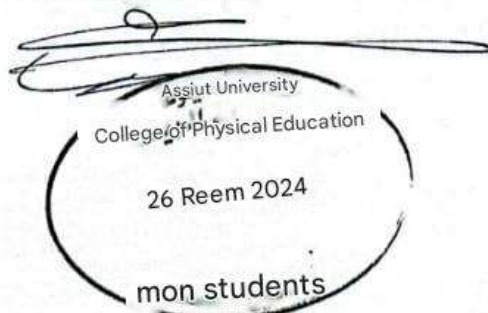
-C- Complete the match normally.	B wins multiple headbutts	I win by knockout	1
	The boxer made a mistake and threw a direct punch at the other after the word STOP.		2
C - Crossing out the boxer	B boxer's alarm	A- Boxer's warning	3
While counting on the boxer, his trainer tried to pull him out by throwing a towel over the ropes from the boxer's corner.			4
C- Stop counting	B: Announcing the boxer's withdrawal	A- Completion of the count	5
Both boxers went down at the same time without any effective punches.			6
Stop the match and resume punching immediately	B counting on his boxers	A- Resuming the match	7
	A boxer stepped into the ring and the other boxer did not appear until the third and final call.		8
C rematch	b Wait for 1 s	End the match directly	9
	When performing the left straight in the head, the right foot rotates.....		10
C- The highest.	B out.	That's for the inside	11
Count on the boxer 10 counts.	punch... if the boxer falls to the ground as a result of an effective		12
With a direct knockout blow.	A count on the boxer to 8 counts		13
 Height of the fourth rope above the ring		14
H 130 cm	With 235 cm	A- 185 cm	15
	When a boxer is given a warning, the warning is first given to		16
C- To the Chairman of the Referees Committee	8 for the judge.	A for boxer	17
 symbolized by the symbol	The knockout punch that a boxer receives is	18
K.A -ع	K.D -ب	K.O -ل	19
Arms down in boxer.	B entry with the head.	Legal mistakes made by boxers	20
		A- Switch feet.	21
	If both boxers are injured in the final match, the match is decided by.....		22
C- Unequal.	B in points.	A- By injury.	23
	The thickness of the smooth medical bandage worn by the boxer during the match....		24
C 7 cm.	B 6 cm.	A- 5 cm.	25
	Boxing championships are organized in a single-elimination manner, taking into account		26
C imaginary boxer rule	b The rule of satisfaction.	Retention rule a-	27
	The round in which one boxer is considered to have complete superiority over the other		28
C-10-6	BA 10 - 9	8 - 10 - 1	29



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

Examiners Committee:

Dr. Amr Ahmed Mohd

Prof. Dr. Ahmed Mohamed Ahmed Abu El-Yazid



		Assiut University, Faculty of Physical Education, Department of Sports Management and Recreation			
First semester, first round, 12/26/2024 AD	Semester and history	Sports and recreation management		Section	
2 hours from 3:5 pm	Test time	Sports management		Program	
10 degrees	Total score for the test	Optional (2) Management and refereeing of gymnastics competitions		Course name and code	
(Boys)		Code (317) DZD		The band	
Prof. Dr. Mohamed Taha Abdel Hameed		Dir. Mohamed Saad Mohamed Abdel Qader		Committee of Examiners	
The test consists of three compulsory questions. — Number of test pages (1) pages. — Think carefully before you answer questions, and do not let your pen precede your thinking. —					

100 (60) degrees Answer all of the following questions.
 35) degrees(..... And mark (X) (3) in front of the incorrect statement: Question 1: Put a check mark (V) (A) in front of the correct statement.

Answer	Phrases	Difficulty value (E) (0.50)	
	The number of referees in the Olympic tournaments is 9.	9	1
	It is permissible to put the identity of the country on the gymnastics swimsuit according to the latest instructions of the International Federation.	9	2
	There are 2 line judges on the floor exercise machine who sit at the corners of the floor mat, each of whom watches the two lines closest to him.	9	3
	The player has the right to be assisted by the coach to hang on the rings and barbells only.	9	4
	The referee (D1/D2) does not recognize illegal finishing moves and their combinations.	9	5
	The referee (E) calculates the total deductions for execution, aesthetic, technical and compositional errors of the exercise.	9	6
	A clear green light signal is given by the head of the team in tournaments for the player to start his training within 30 seconds before the signal appears.	9	7
	The safety element in gymnastics is one of the foundations stipulated by the International Gymnastics Arbitration Code on all gymnastics apparatus when performing a gymnastics exercise.	9	8
	It is the responsibility of the player or his coach to submit a written request to the Chairman of the Referees Committee to remove the horizontal bar or pommel horse at least 24 hours before the start of the tournament.	10	9
	11 The area of the ground motion device is 12 x 12 cm.		10
	12 sets of strength and stability movements within the first set on the floor exercise machine.		11
	13 The player must perform only the movements that he can perform with complete safety and a high degree of aesthetic and technical mastery.		12
	(0.30) is deducted from the player's final score in the event of behavioral violations, while (0.50) is deducted for device-related violations, which are deducted from 10 points.	14	13
	Men's artistic gymnastics is one of the activities of the International Gymnastics Federation. It is one of the activities in which the individual participates alone, and thus depends on his ability to complete the skill task on the gymnastics apparatus: floor, parallel bars, pommel horse, vault, and horizontal bar only.	15	14
	16 On the ground movement device, the value of the association between motor skills of difficulty (BD) is estimated at (0.20).		15
	17 An audible signal is given at the end of the warm-up to alert the players.		16

Assiut
Why physical education
Question room.

20

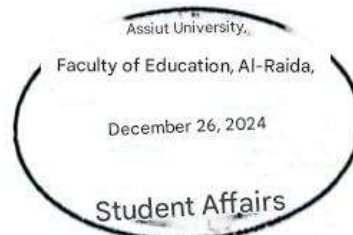
Assiut University
College of Education B. A hundred

26 December 2024

Between jumps on the horse, the athlete has the right to talk to his coach.	18
A uniform standard for judging at international, national and regional gymnastics competitions is established and is a primary purpose of the Men's Artistic Gymnastics International Judging Code.	19
If the player is not stable at all in the strength and stability movements of the first group on the floor exercise machine, this will be met with a deduction of (0.50) and the movement will not be recognized by the (D) committee.	20
Difficulty value (3) (0.20)	21
The player must raise one hand high to indicate to the referee (D1) that he is ready to start the drill and do the same at the end of the drill.	22
The value of the deduction in the event of a fall or coach's assistance is (1.00) and is deducted from the player's final score.	23
The Egyptian Gymnastics Federation contributes to raising the physical, skill and numerical level of club players within the Arab Republic of Egypt.	24
The International Federation organizes the individual apparatus competition, which aims to determine the best athlete on all six gymnastics apparatuses.	25
26 The number of referees on Committee (D) in Olympic, world and international championships is 4 referees.	
The time referee shall sound an audible signal at 60 seconds during the exercise on the floor exercise machine.	27
The final grade is the sum of the jury's grade (D) plus the jury's grade (E).	28
Body and hand straps are allowed.	29
The player must demonstrate good sportsmanship at all times during the tournament.	30
A touch outside the ground area with one hand is met with a deduction of (0.10) by the referee (D1) from the final score of the exercise.	31
The number of review referees (R) in the Olympic Games and World Championships is (2) review referees.	32
The player resumes his sentence within 30 seconds after falling and is allowed to apply powder.	33
The Competitions Committee is responsible for drawing lots for participation in tournaments for all activities.	34
The Gymnastics Refereeing Code provides athletes, coaches and referees with technical resources.	35

(14) degrees) Question 2: Choose the correct answer from the following answers.

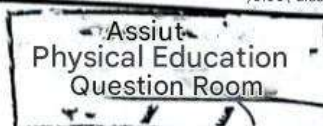
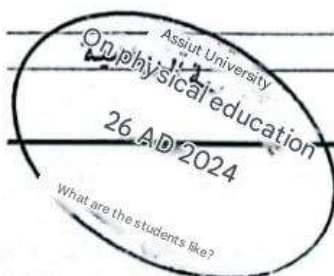
Answer	Phrases	M
legal. -C D All of the above. The player has the right to judge his performance. fair. -A correct. -B	1
..Second... The... 30 or 50 seconds. -C D 50 seconds.	player has the right to warm up on the parallel bars for a period of 30 seconds. -A 40 seconds. -B	2
50 seconds. -C .together)(-D The timer gives an audible warning signal when: 70 seconds. -A 60 seconds. -B	3
Besides the rule of time. -C Now to the Chairman of the Supreme Refereeing Committee. -D	... The judges of the (E) Committee shall sit... Clockwise. -A B counterclockwise.	4
Disorderly behavior. -C Together (C) and (A). -D The player and his coach must refrain from Attending the competition calmly. -A Behavior hostile to others. -B	5



Answer	Phrases	Reference (D1)
(4) and (3) together, -C Calculates performance discounts. -D	Acts as an intermediary between the device's rules. Coordinates work between line judges and timekeepers. And secretarial.	-A -B
..... If the player bends his knees slightly, the deduction value is.		
.(0.30) -C .(0.50) -D		.(0.00) -A .(0.10) -B
..... The first group on the ground motion apparatus is.		
Frontal acrobatics. -C Lateral acrobatics. -D	Non-acrobatic. Background acrobatics.	-A -B
..... Escore Referees Committee Job		
Note motor group requirements. -C Together (BA) -D	Exercise note. B Pay attention to mistakes.	-A
..... The timekeeper sits at		
Device rulers on either side. -C Rulers (R). -D	linesman. B rule of time.	-A
The player must hold for seconds in all strength and stability movements.		
second. -C D one second.	15 seconds. Seconds	-A -B
In addition to the ending movement.	Grade (d) contains difficulties for the entire category and includes	
Movements. -C Movements. -D	10 moves Movements.	-A -B
Powder is allowed to be used....		
Phosphate. -C Zinc. -D	Magnesium. B Sodium.	-A
..... When evaluating a championship workout on any gymnastics apparatus there is...		
Only one degree. -C Two separate degrees. -D	Separate degrees. Continuous degrees.	-A -B

11) degrees.(....) Question: What is your decision as a referee in the following arbitration cases and situations?

Strong bending in the legs.		
)0.50 discount -C)0.60(discount -D)0.10(discount -A (1.00) خصم -B	
I became unable to reach a decision for any reason and the judgment became in doubt.		
Simple error calculation. -C Refer to the video to review and confirm the error. -D	Giving interest to the player. Refer to the Chairman of the Supreme Referees Committee every time.	-A -B
When landing, the player took a small step or jump.		
)0.50 discount -C)1.00(Special -D)0.10(discount -A)0.30(discount -B	
Upon landing, the player lost his balance slightly.		
)0.50 discount -C)1.00(discount -D)0.10(discount -A)0.30(discount -B	



The player did not attend the competition celebrations.		5
(1.00) deduction from the team's total score once per tournament. -C	Final grade is zero. -A	
The results of the offending team or the final score of the individual will be cancelled. -D	Disqualification from participating in the next tournament. -B	
The player left the ground area without permission to relieve himself and did not return.		1
Final grade is zero. -C	Cancel results. -A	
Deduct (1.00) from the player or team. -D	Disqualification from the rest of the tournament. -B	
The coach committed misconduct that did not directly affect the result or the player's performance.		V
Warning and giving the coach a yellow card. -C	A verbal warning.	
The coach gets a yellow card with a deduction of (0.30) from the player's final score. -D	Red card and exclusion from the tournament. -B	
Violation of dress code in team competition.		A
(1.00) deduction from the team's total score once per tournament. -C	(0.30) deduction from the final grade (once per championship). -A	
Results are cancelled. Or the	Deduct (1.00) from the team's total score (each time in the tournament). -B	
The head of the device discovered that the team was performing on the device without having to be ordered.		9
Final grade is zero. -C	Cancel results. -A	
Deduct (1.00) from the team. -D	Disqualification from the rest of the tournament. -B	
The coach spoke to the referees in an aggressive manner while his player was performing a movement on one of the devices, which affected his performance for the first time.		10
- Warning and giving the coach a yellow card and a deduction of (1.00) from the final grade. -C	Verbal warning and deduction of (1.00) from the player's final score. -A	
The coach gets a red card with a deduction of (0.50) from the player's final score. -D	Red card and exclusion from the tournament with a deduction of (1.00) from the player's final grade. -B	
The coach encouraged his player to perform better on the horizontal bar for the first time.		11
Warning and giving the coach a yellow card and a deduction of (0.50) from the score. -C	Verbal warning and deduction of (1.00) from the player's final score. -A	
Final.	Red card and exclusion from the tournament with a deduction of (1.00) from the player's final score. -B	
The coach gets a red card with a deduction of (0.50) from the final score. -D		

The questions are over....

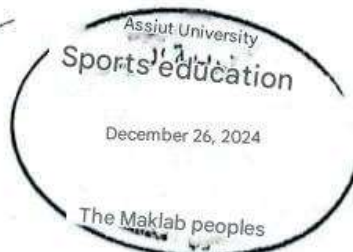


With best wishes for success and good luck

Examiners Committee...

Prof. Dr. Moamen Taha Abdel Naeem

Dr. Muhammad Saad Muhammad Abdel Gader





Department of Sports and Recreation Management

Assiut
University, Physical Education
Questions Room



60 points Test score:

Academic year: 2024/2025 AD

The test consists of: 40 true/false questions and 20 choose the correct answer from the brackets.

Department: Sports Management and Recreation (Third Year)

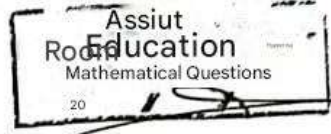
Specialization: Management and Arbitration of Field Competitions

Question 1: Put a check mark (✓) or an (X) in front of the following phrases, as appropriate for each of them:

Wrong	Correct	Phrases	M
		Measurement judges are appointed if electronic measuring devices are used in competitions.	1
		Before each event, the electronic measurement judge must supervise the locations of the measuring equipment and take into consideration:	2
		Technical requirements specified by the technical staff. The	
		attempt is considered valid if the player rises from outside one of the ends of the take-off board, whether after or before the take-off line.	3
		A valid attempt is considered if the athlete touches the ground between the take-off line and the landing	4
		area. A valid attempt is considered if the athlete flies and somersaults in the air and lands in the jump pit.	5
		The length of the approach lane in the javelin throw event is more than 36.5 metres.	6
		The approach lane in shot put shall be less than 30 metres long. The distance of	7
		each shot in shot put shall be measured immediately after it is made from the nearest mark made by the shot to the inner edge	8
		of the stop board only.	
		The radius of the shot put circle is 2.135 cm.	9
		area of the two lines extending in the middle of the shot put circle is 7 cm wide and 75 mm long each.	10
		The minimum width of the landing area shall be 2.75 m.	11
		The triple jump must consist of (hop - step - jump).	12
		area. The take-off board shall be at least 1 cm away from the landing	13
		The take-off board shall be kept at a maximum distance of 3 m from the landing area.	14
		15 The distance between the landing board and the far end of the landing area must not be less than 13 metres.	
		determined. It is considered an invalid attempt if the athlete approaches in the triple or long jump outside the white lines that	16
		The approach lane is	
		After performing an attempt in the long jump and the athlete walks back towards the approach lane, this is considered a valid attempt.	17
		The angle of the throw section in the shot put race is equal to 34.29 degrees.	18
		The length of the stop board in the shot put race is 122 m.	19
		20 The radius of the shot put circle is 1.067 m.	
		arc in the javelin throw race is 8 m long. The throwing	21
		The approach lane in the javelin throw race is 4 mm wide.	22
		The weight of the javelin for men is 800 cm.	23
		The take-off board length in the triple jump is 30 cm.	24
		The length of the landing area for the long jump is not more than 3 m.	25
		The length of the approach lane in the long jump race is less than 40 m.	26
		The approach lane for the long jump shall not exceed 45 m.	27
		In the approach phase of the javelin throw race, if the back of the javelin touches the thrower, the attempt is considered valid.	28
		If the player's foot goes outside the stop board during an attempt to push the shot, the attempt is considered a failure.	29
		When the player's foot touches the stop board from above while performing a shot put attempt, it is considered a valid attempt.	30
		When a player rises, the starting line of the throwing area in the javelin throw is considered a failure.	31
		If the player touches the clay while performing a long jump attempt, the attempt is considered a failure.	32
		The spear is held with three types of grips: American, Finnish and V.	33
		When a player rises in a hanging position while performing a long jump attempt and lands on one foot, it is considered a valid attempt.	34
		When a player rises with both feet during a long jump attempt and lands with both feet, it is considered a failed attempt.	35



Department of Curriculum and Teaching of Physical Education



First term exam for the academic year 2024-2025

Course Name: Elective Teaching Individual Sports Aquatics
Specialization: Teaching physical education
Time: two hours

Course Code: 317.H
Division: Third
Total score: 60 points

Answer the following questions:

Question 1: Put a check mark (A) in front of the correct statement and an (B) in front of the incorrect statements: (30) points.

A	B	You can hold a drowning person by the hair with one hand and use the other hand to swim.	A.
A	B	The arm movements in the crawl stroke are reciprocal while the butterfly stroke is symmetrical.	.٢
A	B	Therapeutic swimming is considered one of the most important types of swimming.	.٣
A	B	Crawl swimming is a swimming activity for children and adults.	04
A	B	Swimming schools are schools that teach swimming of all kinds to children and adults.	.٥
A	B	Swimming requires the simultaneous work of all body parts.	.٦
A	B	In all swimming, it is preferable to learn the movements of the legs first.	7
A	B	Time measurement is the only evaluation method when practicing water sports, especially the crawl swimming.	.٨
A	B	Bucrancy is the first step in learning to swim. Crawling on the stomach.	.٩
A	B	Water sports are one of the special sports organizations that aim to provide children with basic swimming skills in addition to achieving the goals of physical education.	010
A	B	The legs' strokes are divided into several stages.	.١١
A	B	The movement of the legs in the crawl swimming on the stomach begins from the hip joint.	12
A	B	Arm and leg movements are considered alternating movements in the crawl stroke.	013
A	B	النفس The heels come out of the water when the arms are pulled and pushed in the breaststroke.	014
A	B	التعليمي The technical director of the swimming schools is the one who sets the educational program.	15
A	B	الرياضة Swimming schools are considered one of the types of water sports.	16
A	B	The movement of the legs in the crawl swimming on the stomach begins from the knee joint.	17
A	B	When teaching backstroke, the timing of the movements of the legs and arms is linked, not the other way around.	18
A	B	The circular formation is the appropriate formation for learning footwork.	19
A	B	Backstroke is one of the fastest strokes in competitive swimming.	020
A	B	In the crawl stroke, the legs perform one stroke with each arm stroke.	021
A	B	In all swimming, it is preferable to learn the movements of the legs first in swimming schools.	022
A	B	One of the symmetrical swimming movements is the backstroke.	.٢٣
A	B	Water sports include swimming and diving only.	024
A	B	One of the short-distance races in the crawl swimming on the stomach is the 50-meter race.	025
A	B	Diving is a type of water sport.	026



Assiut
Sports education
Question room

A	B	27 Crawl swimming is a recreational therapeutic swimming.	
A	B	Swimming lesson time in schools is 45 minutes.	28
A	B	Inhalation is taken from the mouth and exhalation is exhaled from the mouth and nose together. This is one of the breathing steps in the crawl swimming on the stomach.	29
A	B	Swimming schools are private sports organizations that aim to provide children with basic swimming skills, in addition to achieving the goals of physical education.	30

Question 2: Choose the correct answer from the brackets (A-B-C-D)

	The degree of buoyancy increases the closer the center of gravity is to the .	A
B - Center of buoyancy	A - The fulcrum base	
C - Not previously mentioned	Gravity action line -C	
	Of the four swimmers.	31
B - Breaststroke	Belly crawl swimming -A	
D - All of the above	- Butterfly swimming	
	Who develops the educational program within swimming schools?	32
B - Technical Director	Advisory Committee of Faculties of Physical Education -A	
D - All of the above	-Coach	
	Conditions for teaching swimming...	33
B There is a motive	A - The child has matured	
D - All of the above	C Satisfy a desire	
	When does the rescuer perform CPR on a drowning person?	34
B - When the drowning person is unconscious and has breathing and a pulse	When there is no pulse or breathing -A	
D - When there is breathing without a pulse	When there is a pulse without breathing -C	
	is the time unit within the educational program swimming school?	35
Q 1-B	What is this? Q 10-A	
D - Other	-C	
	One of the skills of swimming is the crawl on the stomach.	36
B - Leg strikes	swimming -A	
And together AD	Renewal C -	
	Teaching beginners with begins	37
Dive under water and open your eyes -B	jump into the water -A	
D - Belly swimming	buoyancy -C	
	Swimming is best for beginners to start learning.	38
B - Breaststroke	Belly crawl swimming -A	
D - Backstroke	C - Butterfly swimming	
	Praise float One of the common mistakes when performing the float is to be in a state of	39
B tense	Beech A	
And together A-D	C - control	
	The movements of the arms and legs in the backstroke are coordinated, with each leg stroke corresponding to a full arm movement.	40
B - seven	six -A	
D - five	- Four C	

This is sports

26 December 2024

students

Education | Physical Question room

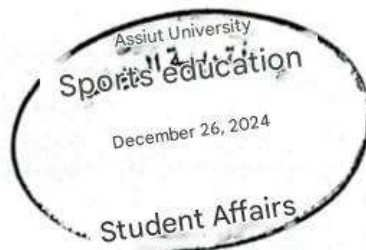
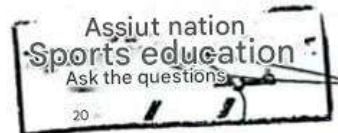
<p>B When the drowning person is unconscious and has breathing and a pulse</p> <p>D When there is breathing without a pulse</p>	<p>12 When is a drowning person placed in the recovery position?</p> <p>When there is no pulse or breathing -A</p> <p>- When there is a pulse without breathing -C</p>
<p>B- When the drowning person is unconscious and has breathing and a pulse</p> <p>D- When there is breathing without a pulse</p>	<p>13 When is artificial respiration performed for the team?</p> <p>When there is no pulse or breathing -A</p> <p>- When there is a pulse without breathing -C</p>
<p>.....The legs strokes in the crawl swimming on the stomach are considered to be movements.</p> <p>B - arpeggio</p> <p>D- Other</p>	<p>A- Analogue</p> <p>C - reciprocity</p>
<p>The legs strokes in breaststroke are divided into two stages, which are...</p> <p>B - withdrawal stage</p> <p>B-D and C together</p>	<p>A - Primary stage and regressive stage</p> <p>- Payment stage</p>
<p>High-level swimmers in the belly crawl have acquired types of</p> <p>B- Speed</p> <p>D- Other</p>	<p>A - rotation</p> <p>C - Strength</p>
<p>B - healthy body</p> <p>Together B and AD</p>	<p>..... One of the benefits of swimming schools...</p> <p>The entertainment aspect -A</p> <p>- Open Championship -C</p>
<p>B- Breaststroke</p> <p>D- All of the above</p>	<p>Reciprocal swimming is...</p> <p>Belly crawl swimming -A</p> <p>C- Butterfly swimming</p>
<p>B 4 years</p> <p>D-6 years</p>	<p>19. The right age to learn swimming</p> <p>-3 years -A</p> <p>C - 5 years</p>
<p>B- One unit</p> <p>D Three units</p>	<p>20. What is the number of learning units per week in swimming schools?</p> <p>Two units -A</p> <p>C - four units</p>
<p>B - The emotional side</p> <p>D- All of the above</p>	<p>21 aspects of summer swimming schools.</p> <p>A - The skill aspect</p> <p>C - aesthetic aspect</p>
<p>B- Touch the wall with both hands together in a horizontal level.</p> <p>D- Not the above</p>	<p>22. At the end of the breaststroke race you must</p> <p>A - Touch the wall with one hand</p> <p>- Touching the wall with any part of the body -C</p>
<p>B- Leg strikes</p> <p>D - water polo</p>	<p>One of the skills taught in swimming schools is...</p> <p>sail -A</p> <p>C - rowing</p>
<p>B- Breaststroke</p> <p>D - Butterfly swimming</p>	<p>24. Freestyle swimming means</p> <p>Swim any way -A</p> <p>Backstroke swimming -C</p>
<p>B - Breaststroke Proficiency</p> <p>D- Fear</p>	<p>25 In addition to the information that the rescuer must have about his work, he must have</p> <p>Courage and boldness -A</p> <p>- Proficiency in all types of competitive swimming -C</p>

..... two arms for each stroke of two legs in breaststroke	26.
B- Two pulls	A- Severity
D four strokes	- Three pulls
..... two legs are made for each arm stroke in butterfly swimming.	27.
B two hits	blow -A
D- Four strikes	- Three hits
.....28 The movement of the legs in the crawl swimming on the stomach is from...	
B- Knee joint	A hip joint
A- D and B together	C- Ankle joint
29 types of long swims meters	
- 200 meters	-100 meters
D Other	Demeter
.....30 The best way to reach the drowning person quickly is to swim....	
B- Chest	Crawling on the stomach -A
D back	-Butterfly

Good luck and success,

Course professor

Asst. Prof. Dr./ Ezzat Kamal Badr Abdel Aal



Division: Third

Time: two hours

Grade: 60 degrees

Assiut
College of Physical
Education Question Room.

Assiut University

College of Physical Education

Department of Curriculum and Teaching of Physical Education

Field Competitions Course Exam January 2025

Dear student, the exam consists of (3) pages.

Make sure you have the correct answer before transferring it to the answer sheet.

The first question: Choose the correct answer and shade it on the answer sheet.

(15 degrees)

1- The attempt is considered valid if the spear falls...
a - Between the inner limits of the throwing sector lines b - Between the outer limits of the throwing sector lines
c - Behind the shooting arc

The spear disposal phase begins at the moment the center of gravity of the body reaches the base during the fifth and final step.
The right leg is supported and the angle of the push is 2
a - less than 60 degrees
b - More than 30 degrees
c - Less than 30 degrees

The throw section in the javelin throw competition is determined by an angle of...
a - 29 degrees
b - 30 degrees
c - 35 degrees

If nine competitors participate in a javelin throw competition, each competitor is given attempts.
a - four
b - three
c - Six

This is a stage in javelin throwing in which the legs are quickly switched after releasing the javelin and swinging
a - Throwing stage
b - approaching stage
c - Follow-up stage

The most suitable angle for launching a javelin throw is...
a - 30 degrees
b - 24 degrees
c - 32 degrees

The spear fell to.....
a - The middle of the throwing arc
b - inner limit of the throwing arc
c - The outer limit of the throwing arc

Each throw of the spear must be measured from the nearest trace.
a - Providing information
b - Receiving information
c - Move (change location)

It is the total value of the time that the student spends listening to the teacher or student speaking,
a - the fourth
b - fifth
c - The third

The weight of a spear for women is 10
a - 800 grams
b - 700 grams
c - 600 grams

11- The width of the approach lane lines in the triple jump is...
a - 5 cm
b - 12 cm
c - 10 cm

One of the objectives The shot put. For the shot put
a - Cognitive
b - Skill
c - The soul is movement

12- The weight of the shot put for men is...
a - (6.260 kg)
b - ((6.620 kg))
c - (7.260 kg)

Incorrect crawling and jumping up with the right leg. 14- Common mistakes in the effectiveness of...
a - javelin
b - Long jump
c - Shot put

15- The triple jump requires the jumper to have
a - Respiratory periodic skin
b - Muscular strength
c - Agility and flexibility

Look behind the paper

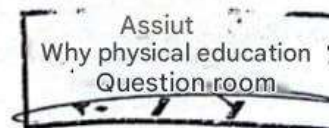
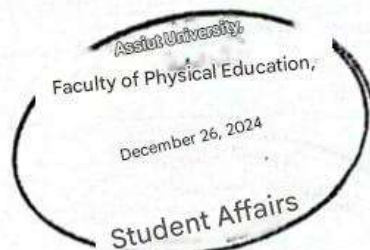
Assiut University
Sports education

26th of July 2024

Question 1: Put a check mark in front of the correct statement, represented by (A), and an X in front of the incorrect statement, represented by (B) ... (45 points)

A	B	Question	The	
()	()	Jumping and jumping events: include only the long jump, triple jump and high jump.		1
()	()	Long jump: jumping as far as possible.		2
()	()	The length of the jump in the long jump is measured from the take-off line to the nearest mark hit by the jumper's body in the landing area.		3
()	()	The shot consists of the head, the body, and the handle.		4
()	()	The spear must be held by the handle and thrown from above shoulder level or from the upper part of the throwing arm without dropping or throwing.		5
()	()	In the imperative method: the same exercise is performed several times in the class in order to achieve the goal of the exercise while correcting performance errors.		6
()	()	After the psychomotor goal of the approach phase in the long jump, the student is to become familiar with the technical steps of the approach phase.		7
()	()	The section characterized by non-repetitive movements in javelin throwing is in the form of five steps with a special movement rhythm.		8
		The first of the five steps in javelin throwing is the longest and must be performed with some speed. () ()		9
()	()	A common mistake in the effectiveness of the shot put is crawling correctly and jumping up with the right leg.		10
()	()	The methods of following and application include the multi-level self-application method.		11
()	()	A competitor fails the long jump if he touches the ground after the take-off line or boundary.		12
()	()	The take-off board in the long jump is painted the same colour as the approach lane.		13
()	()	In javelin throwing, the approach speed is gradually increased with emphasis on creating a smooth transition from the periodic approach section to the non-periodic approach section.		14
()	()	Shot put players are not allowed to use any adhesive material on their hands.		15
()	()	The javelin is thrown from behind an arc with a radius of 8 metres. This arc can be either a painted strip of wood or a metal () with a width of 2 cm.		16
()	()	17 The throwing sector should be marked by two white lines 7 cm wide so that if these two lines are extended they pass through the intersection points of the arc and the two straight lines that define the approach path and an angle of 29 degrees.		
		18 The attempt is considered valid if the competitor enters the circle and begins to perform the throw and then touches any part of his body outside the circle () () or the upper surface of the iron circle frame or the stop board.		
()	()	The gel is placed between the collarbone and the neck and just below the chin.		19
()	()	A common mistake in the effectiveness of the shot put is that the shot is pushed and not thrown.		20
()	()	The competitor is allowed to make a full turn with his back facing the throwing arc while throwing and until the javelin is launched into the air.		21
()	()	22 The ratio of direct learning to indirect learning - motor performance / receiving information + giving information.		

Look behind the paper



- Continue with the first question: Put a check mark in front of the correct statement, which represents (A), and an X mark in front of the incorrect statement, which represents (B).

A	B	البيان	M
()	()	An attempt is considered valid if the player, when performing the attempt, exhausts the time specified for the attempt, which is one minute.	٢٢
()	()	The cognitive objective of the triple jump activity is for students to develop the qualities of perseverance and diligence when learning the triple jump activity.	24
()	()	One of the emotional goals of the shot put activity is for students to acquire a spirit of cooperation and sportsmanship during the shot put activity.	25
()	()	There are three basic elements in the educational process: the teacher, the learner, and the family.	26
()	()	The cognitive objective of the triple jump activity is for students to distinguish between correct and incorrect performance images in the technical performance stages of the triple jump activity.	27
()	()	A common mistake is to hold the barbell next to the neck bone between the jaw and the collarbone.	28
()	()	The attempt is considered valid if the shot, upon its first contact with the ground, touches the throwing section line or the ground outside () the section line.	29
()	()	If the number of competitors is more than eight, each competitor is given three attempts, and the eight competitors who have achieved the best legal achievements are given three additional attempts.	30
()	()	The take-off phase of the long jump is the second phase of the performance.	31
()	()	Receiving information: is the total value of the time that the student spends exchanging information with the teacher or students about () the topic of the lesson or creating an auxiliary model or diagnosing some errors as assigned by the teacher.	32
()	()	The take-off board is placed 3m from the near edge of the landing area for men and is painted white.	٣٣
()	()	Self-learning method: the percentage of teacher decisions is 0% and the percentage of learner decisions is 100%.	34
()	()	The distance between the take-off board and the end of the landing area must not be less than 10 metres.	35
()	()	The width of the ascension board is 10 cm and the depth of the board is 20 cm.	36
()	()	37 The sartorius muscle, which contracts and rotates the thigh, is one of the muscles used in throwing the javelin.	
()	()	The attempt is considered valid if the javelin falls between the two outer edges of the throwing sector lines.	38
()	()	Gloves may be used in shot put competition.	39
()	()	The spear may have moving parts or other devices that could alter the thrower's centre of gravity or throwing characteristics.	40
()	()	Discovery methods include the teacher-directed (practical) application method.	41
()	()	the ground. The attempt is considered valid if the player exits the shot put circle or the throwing circle correctly but before the object touches the ground.	42
()	()	The competitor is allowed to turn completely so that his back is facing the throwing arc until the javelin is launched into the air.	43
()	()	One of the skill objectives of the triple jump activity is for students to perform the triple jump activity without errors.	٤٤
()	()	The attempt shall be deemed a failure if, after the competitor has begun to perform his attempt, any part of his body or limbs touches the marked lines or the ground outside the approach path.	45

- The questions are over.

wishes for success and the Faculty of Physical Education

From 2024 to 2024 Dr. Bassam Al-Sayed Muhammad // Muhammad Hassan Prof. Dr. Mohamed Salah Ahmed Faleh Prof. Dr. Essam El-Din Shaaban

n students God



Department of Sports Training and Movement Sciences



College of Physical Education

Boxing exam

Training division
First semester

The maximum score is 60 degrees

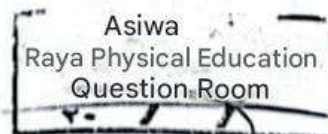
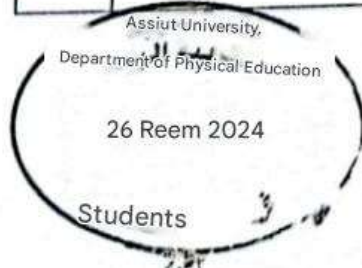
Third band

Time: two hours

January 2025 session

Question 1: Put a check mark (✓) in front of the correct answer and an (x) in front of the wrong answer (40 points)

	(1) During the week of the footwork training, the body weight is distributed more on the front foot.	
	Footwork includes 9 offensive and defensive directions.	(✓)
	women's light middleweight division, which is internationally recognized, represents the junior middleweight category.	(3)
	corners, two of which are neutral.	(1)
	use their own gloves in official matches. Boxers are allowed to	(✓)
	The mat in the ring should be blue to avoid slipping.	
	the back foot in defense, the body weight is distributed more on	(✓)
	(1) In the ready position, the knees should be slightly bent.	
	(10) The stomach area is considered the most dangerous area permitted for punching, and it ranks second.	
	height of the second rope from the floor must be 70 cm.	(1)
	(12) The basic skills of boxing are the ready stance, movements, punches and defenses.	
	(13) Head guards are mandatory in junior boxing matches.	
	(14) Heavy bags are used as part of training to improve a boxer's strength.	
	(15) When defending by leaning backwards, the body's center of gravity is completely transferred to the back foot.	
	(16) A boxer may not participate in a match if his weight exceeds the specified category.	
	(17) The right uppercut to the head is considered one of the most powerful offensive punches.	
	(18) The referee is responsible for ending the match in the event of danger to the boxers.	
	(19) The number of weight categories approved for men at the Olympics is 7, including 80 kg, which is the minimum for the heavyweight category.	
	(20) A boxer who receives 3 warnings will be disqualified from the match.	
	(21) The boxer's clothing must be the same colour as his corner.	
	(22) Featherweight Men's and Women's Juniors and Juniors is the minimum weight for the light welterweight division in the Olympics for men and youth.	
	(23) Direction No. 1 in the movements points to the rear right.	
	Vaseline should not be used on the face during the match.	(24)
	(25) Rebound balls are used to improve reaction speed.	
	movement, the entire front foot is on the ground. (26) In the ready stance of the kneeling	
	(27) Successful defense opens up performance gaps for counterattacks.	
	(28) The boxer	(1)
	(29) Heavy gloves are used during training to increase punching power.	



Boxing helps to coordinate the nervous and muscular systems. (30)

31. The arena has only three stairs. (31)

32) A boxer who loses consciousness during a match is automatically disqualified. (32)

The 63 kg weight class is one of the internationally recognized weights for men. (33)

in the event of a fall during the match, the boxer must return to the fight within 10 seconds. (34)

25 A boxer's speed is measured by the speed at which he executes punches. (35)

36 The right straight punch is considered one of the basic punches. (36)

Boxers' performance is evaluated based on points determined by the (37)

(38) The referee has the authority to stop the match at any time. (38)

The (39)

whose weight exceeds the maximum weight class is disqualified. (40)

(20 degrees) Question 2: Choose the correct answer.

Blue - C - Red - B - White - A) The color of the rug may be local. (1)

(A) The order of the left side punch to the trunk is ... for a right-handed player (2)

Conditions of the ready stance in boxing ... base of movement - C - Coverage - All of the above - A) (3)

The minimum weight of the cruiser for the men's and youth categories that are not approved by the Olympics is ... (85 kg, 6 kg, 80 kg) (4)

The order of the right rising punch to the head and ... for the right-handed player (5)

The most used straight punch, as its path is considered one of the shortest ways to hit the target, (Left for the right-handed) (6)

left to left - B - Lateral to right (A) (7)

Defense by leaning to the right, in which the body's center of gravity is transferred to the right foot - left foot - B - right and left (A) (8)

For the right-handed (9)

welterweight player, the order from right for men and youth / women and youth juniors and juniors is 66, 64, 67 - 16, 66, 67 (10)

61, 64, 67 - 8 (11)

The color of the mouthguard must be (Any color, C - Red, B - Any color except red, A) (12)

(A) The African Boxing Union was established in the year ... (1960 - 1971 - 1961 - A) (13)

Corner ... from the right is in color ... near, red, C - far, white - B - far, blue - A) (14)

(1 kg - 44 kg - B - 48 kg - A) (15)

12 Minimum point weight for juniors, boys and girls and ... (161 - 10 - 70 - A) (16)

13 Height of the fourth rope from the ring floor ... (17)

General and special tools in boxing ... Boxing ring - Gloves - Medical Vaseline - A) The punching (18)

from the right: men and young men, women and young women, juniors and junior women is 054, 54, 54 54, 54 52, 54 weight (19)

52, 52, 54 - 8 10 (20)

Weight categories for men specified and not approved ... 51 kg - 75 kg - both together - A) (21)

17 Flyweight In order from right Men, Youth, Women, Juniors, Juniors and Juniors is 054, 54, 57 B 50, 52, 51 56, 56, 57 - 8 (22)

Warnings by the referee at any time in the match automatically result in the opposing boxer winning (3) - - - 1 (23)

In case a boxer receives (A) (24)

Preventing a weak boxer from continuing the match and receiving unjustified blows. Referee - C - Judge - B (25)

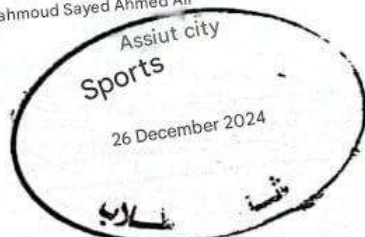
Injured person - B - Neutral corner - A) (26)

20. When a boxer is injured, he asks the other boxer to go to his corner. (27)

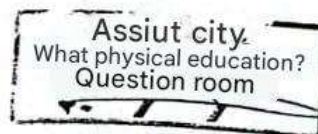
The questions are over. We wish you good luck and success.

Committee of Examiners

Dr. Mahmoud Sayed Ahmed Ali



-2-





College of Physical Education
Department of Sports Training and Movement Sciences

Track and Field Exam

First semester (January session) of the academic year

Date: 12/26/2024 AD
Maximum degree: (60) degrees

Division: Third
Time: two hours

Maximum temperature: 40 degrees

First question.....

If the statement is wrong: Shade circle (A) if the statement is correct and shade circle (B)

- () 1- The receiver has the right to run 20m before the handover area during the 4x100m relay race.
- () 2- The competitor who passes his foot under the horizontal level of the surface of any obstacle at the moment of crossing it shall be disqualified.
- () -3- During long-distance running, the runner must avoid overtaking his competitors on the curve.
- () 4- There are several steps that the trainer must follow when developing an organized training plan for this period, including:
- () 5- The break or entry difference for the sixth player in the 800m race when the number is 8 or less is 22.4 cm.
- () 6 In the 800-meter race, when the number of participants is more than 8, the players enter the first lane.
- () -7- The second leaning phase of the hurdle crossing phase ends with the free foot crossing the hurdle.
- () 8- The third step in planning the preparation period is determining the number of weeks that make up the preparation period.
- () 9- The start and take-off are the first technical stages of the 100-meter race, followed directly by the speed stability stage.
- () 10- During the 400m race, the distance difference between the third lane runner and the second lane runner is 67.7m.
- () 11- The sixth step in planning the preparation period is determining the total training time during the preparation period.
- () 12- It is preferable to lengthen the last step before the stage of passing over the barrier.
- () 13 lane differences between the fifth and fourth runners in the 800m race: 3.83.5 14.5 mm.
- () 14- While running on the curve, the body gradually rises at the beginning of the speed increase phase for a distance of approximately (12-15 m).
- () 15 The fourth step in planning the preparation period is to divide the weeks into two or three stages.
- () 16- During the 4x100m relay race, the difference between the fourth player in lane (3) and the fourth player in lane (2) is 1.91m.
- () 17- The eighth step in planning the preparation period is to distribute the total skill preparation time over the basic skills.
- () 18 In the 800m race, if there are 8 or fewer participants, the player takes the lane differences of the 200m race with the break teams.
- () 19 In mixed hand-off, the second player receives the baton with his left hand and then runs down the inside of the lane.
- () 20- The body's center of gravity must be high while rising to cross the barrier.
- () 21 The lane difference between the third player and the second player in the 800 m race was 3.83.5 + 3.4 cm.
- () 22 The lane difference between the fourth and third runners in the 800m race was 3.835m + 7.9cm.
- () -23 4x100m relay runners will be considered for the 800m race start differences.
- () 24- The seventh step in planning the preparation period is to determine a percentage for each physical characteristic that needs to be developed.
- () 25- During the first leaning phase of the hurdle stage, the leaning and pushing with the front of the foot is vertical.
- () 26- Distributing the weekly training time for physical, skill and planning aspects over the days of the week according to the small load cycle.
- () In planning the preparation period, it is the ninth step.

Additional questions

Assiut University
College of Physical Education

26 December 2024

Troubi affairs



- 27 In the 800-meter race, when the number of participants is 8 or less, the players must adhere to entering the first lane.
() After completing the first 100 meters.
- 28 During a 1004-meter relay race, the first runner runs approximately 105 meters, while the second and third runners each run
() 125 meters, and the fourth runner runs approximately 115 meters.
()
- 29 The hurdler places the take-off foot on the front cube to reach the first hurdle within eight steps.
()
- 30 The fifth step in planning the preparation period is to determine the number of training hours (or minutes) according to the degree of load.
()
- 31 The lane difference between the second player and the first player in the 800 m race was 3.52 m 0.007
()
- 32 In the 1004m relay race there are four hand-off zones, each 20m long.
()
- 33- Determining the start and end of the preparation period according to the Federation's determination of the date of the competition period.
- 34- During middle-distance running, the runner begins by placing the middle of the outer edge of the foot on the ground.
()
- 35 The 800m race will be considered the same as the 200m race for competitors from lanes 2 to 8.
()
- 36 The eleventh step in planning the preparation period is determining the number of training days per week.
()
- 37 The lane difference for the first player in the 800m race is 0.007 when the number of players is 8 or less.
()
- 38 Places in races for all distances must be numbered from left to right in the direction of running.
()
- 39- The first player in the 4x100m relay race runs in the inner part of the lane during the inner and mixed handoff ()
- 40 When the number of participants in the 800-meter race is (8) or less, the players must remain in their lane until the end.
() The first 100 meters and then enter the first lane

Maximum degree [20 degrees]: **Second question**

Shade the circle that contains the correct answer in the following statements:

of the delivery and receiving area.

1- The appropriate point to receive the baton is the third

The last A

Middle B

I-C

2 During the 4x100m relay race, the difference between the second player in lane (2) and the second player in lane (1) is

A- 3,52

B- 5,83

C- 5,28

3 During the 4x100m relay race, the player who is good at running is placed in the curve and receives.

The first A

Third B

IV-C

During 4- Performing the step and hurdle crossing phase, the purpose of the initial support phase is to link the speed of...the hurdle step speed.

Approach A

Aviation B

Ascension -C

-5- The purpose of the flight phase is to step and pass the barrier with the free leg bent first... then straightened when

it reaches the barrier.

For side A

Up.B

Forward C

-6- The purpose of the second support stage of the step and the obstacle crossing is to land on the foot.

Introduction A

B's back

Mid-C

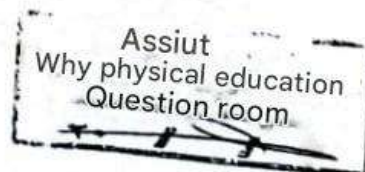
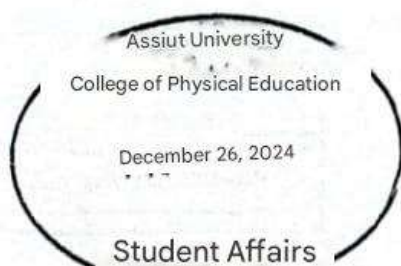
-7- The hurdles stage of the 110m hurdles race is completed in rhythmic steps.

Four A's

Three B's

Five-C

Additional questions



8- It is considered the first technical stage of medium and long distance running.

High start A

Low start-B

Race run C

The distance from the starting line to the first hurdle in a 110m hurdles race is metres. -9

A- 14,02

B- 13,72

C- 13

10- While running in a curve, the left foot deviates slightly....

Inward A

For side B

For out -C

11- In the low start during the propulsion phase (launch), the back leg swings... and quickly.

Backward A

Forward B

Up -C

12 During the low start position, the angle of the front leg should be between degrees.

A- 100-90

B- 90-80

C- 130-110

13 The distance between the hurdles in the women's 100-meter hurdles is meters.

A- 10,5

B- 9,14

C- 8,5

14 The height of the hurdle for women in the 100-meter hurdles race is meters.

A- 0,84

B- 0,91

C- 1,067

15- The flight phase, the gliding phase over the barrier, begins by leaving to the ground.

Feet A

Feet Free -B

ft. ascension -C

the player runs (2) curves and (2) straight. 16- In a race,

200m sprint A

400m sprint B-

800m run C

..... 17- The second and third players exchange the stick during the delivery.

Internal and external A

Internal and mixed B

External and mixed. -C

..... -18- The 100m sprinter in the low start in the "take your place" position rests on

Three points of reference. -A

Four anchor points. .B

Five points of reference. C

100 gm. circumference and weighs at least long, 1 cm in 19- The relay baton is 19 cm

A- (30-50-12)

B..(50-12-30)

C- (12-30-50)

..... 20 In the high start the body's center of gravity is on

The two men together.

Back leg. B

Front leg. -C

((Questions are over)) We wish you success and good luck.

Prof. Dr. Mahmoud Attia Bakhit

Prof. Dr. Laila Gamal Mahni

Assiut University
of Education, Al-Rai College

December 26, 2024

Student arts

A prisoner
Sports education
Question room.



Black What physical education?

20



First semester exam of the university year

Maximum degree 60 degrees

2024/2025

Exam time: two hours

Wrestling course - third year

Question 1: Put the letter (T) in front of the correct statement and the letter (F) in front of the incorrect statement: 40 points.

TF	Question	M
	The scientific name for the hammer swing skill is the overhand throw.	-1
	All catches made at or before the alarm goes off are counted.	2-
	A grab in which the wrestler performs from a standing position, in which the defender loses all contact with the ground, is thrown into the air, spun, and then immediately drops to the ground in a dangerous position, is considered a safe technical grab.	-3
	Women's wrestling is based on the same rules as wrestling.	-4
	Technical superiority 10 points Team in freestyle wrestling 8 points Team in women's wrestling	E-
	Technical superiority in wrestling is 15 points.	-6
	The tournament is held in a knockout for mat with consolation.	-7
	The single weight match is held on a single mat.	-8
	The rest between rounds in wrestling is 30 seconds.	-9
	The match ends with a win in the three sets or the shoulder.	10-
	The number of rounds in women's wrestling is 2, while the number of rounds in freestyle wrestling is 3.	11-
	In wrestling, the wrestler wears a one-piece suit (red or blue) from the feet to the shoulders or covering the thighs to the knee.	-12
	In Greco-Roman wrestling, the wrestler wears a one-piece red or blue leotard from the feet to the shoulders or covering the thighs to the knee.	13
	If a wrestler is on the mat without meeting the start condition, the crew will give him a maximum of two minutes.	-14
	If the passive player performs a skill within 30 seconds, the passive penalty is cancelled.	15-

College of Physical Education

Reem 2024

T/F	Question	M
	Wrestling is not considered a contact sport.	16-
	Single weight matches can be held in one or two days depending on the number of participants.	17
	Wrestling is a fight between two individuals, each of whom tries to control the other to win.	18-
	- The first criterion for determining the winner in the event of a tie is the one with the fewest warnings.	1
	A common mistake in the bridge skill is landing on the front.	20
	The player may perform the weighing process while wearing socks.	21
	Judo wrestling is one of the types of wrestling.	22-
	The wrestling mat consists of 73 rows measuring 2m x 1m.	23-
	The wrestling call consists of Arabic and English.	24-
	The draw will be held before the weigh-in.	25-
	26- The shoulder is approved if it is done in the protective area.	
	The negative player is warned before giving the negative.	27
	The names of the players participating in the tournament will be submitted two hours before the weigh-in.	28-
	The player must be shaved daily or his beard must be left for several months.	29-
	The player gets a maximum of 2 negatives per round.	-3-
	When the player performs the spin skill, he gets a number of points (1, 20, 40, 50).	31-
	It is allowed to call 4 times, with 30 seconds between each call.	32-
	Finger holding is allowed in the match and hair pulling is not allowed.	33-
	The player will weigh in once during the two-day tournament.	34-
	In Greco-Roman wrestling, technical superiority is achieved by a difference of 10 points.	35-
	Gladiator shoes are without buckles or metal objects.	36-
	Shoulder contact can occur quite frequently when performing the twisting skill.	37-
	The player can wrestle by holding the leg while playing.	-3-
	A wrestler can start the match while sweating.	39
	A wrestler cares less about his weight than any other athlete.	-1-

Assiut University
Department of Physical Education

December 26, 2024

Leah Physical
Education Question Room

20 degrees

Question 2: Choose the correct answer from (DBA)

The first and second stages are two rounds, each round lasting...				-1
minutes 1	D	minutes 2	C	minute 3
			B	1 minute A
The third and fourth stages are two rounds, each round lasting...				
minutes 1	D	minutes 2	C	minute 3
			B	1 minute A
From the age of... Age ranges for men				-2
Under 23 years	D	23 years and over	C	22 years and over
			B	21 years and above A
From the age of... Age categories are for adults				-4
23 years and over	D	20 years or more	C	19-18 years
			B	17-18 years A
The protective area of a wrestling mat ranges between				
M to 4 PM	D	M to 2pm	C	1.20m to 1.50 m m
			B	1.5m to 3m A
Centrality. The area of the conflict circle				-1
B together and	D	12 meters in total	C	meters from the inside
			B	meters from outside B A
In the event of a tie in the total technical points at the end of the match, the winner will be determined by the preferences of...				-7
D All of the above		Point holder	C	B least number of
		The last		The biggest value
				For movements A
A wrestler may not be called before ... has passed since the end of his last match.				-8
20 minutes	D	15 minutes	C	30 minutes
			B	30 seconds A
Area of the conflict starting circle				-9
And together	A	D	80 cm from	C
			Inner surroundings	m from the ocean
			External	B
			External	A
Illegal holds in wrestling.				10.
All of the above	D	To the farmers	C	B holding the neck
		Back		False catch A
11. General prohibitions in the match				
All of the above	D	Skin	C	B reproductive
				organs
				Pulling hair
				and ears A
entering points on the scoreboard. Responsible for				-12
All of the above	D	Judgment	C	Rug head
				B
				judge A
He is in charge of the match. event of a serious violation, the crew is called for deliberation. Responsibilities. In the				13
All of the above	D	Judgment	C	Rug head
				B
				judge A

Assiut University
Sports

26 Reem 2024

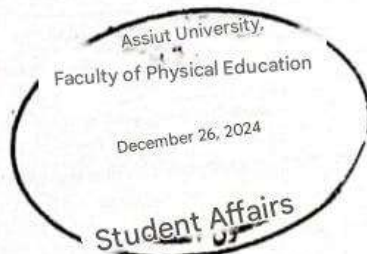
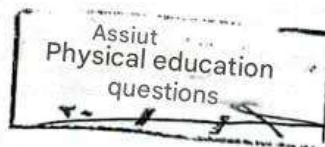
Assiut 2020
Why physical education

20

file	D	UWW	C	WUW	B	WWU	A	14
The logo of the International Wrestling Federation consists of the following:								
Chief rug and referee		Chief Magistrate, Judge and Registrar	C	Carpet chief, judge and referee	B	Rug head	A	15.
The arbitration team consists of:								
In the voting and requests deliberation A serious error of judgment or								16. The ... may stop the match in the event of:
All of the above	D	Judgment	C	Rug head	B	judge	A	
To stop the violation By forcing the player He does...								17.
All of the above	D	Judgment		Rug head C	B	judge	A	
18 The player wearing the red swimsuit is on.								
And together AD		Right of the head of the rug	C	B The judge left		The judge's oath	A	
19. The player is the one wearing the swimsuit.								
Together C and AD		Left head rug	C	B left judge		The judge's oath	A	
20. Stop the round at the appropriate time and announce the winner, taking into account the snatch and counter-scratch, with knowledge of								
All of the above	D	Judgment	C	Rug head	B	judge	A	

over. Best wishes! Questions are
Course professor

A.M.D./ Osama El-Sayed Tamam Mahmoud





Final exam for the first semester of the academic year

2024/2035 for the third year. Course: Self-defense training (Taekwondo). Time: 2 hours. Grade: 60.



Question 1: 30 marks]

Put a check mark (✓) in front of the correct statement and an (x) in front of the incorrect statement, knowing that (= V and x = F)

1- Taekwondo suit: It is a white suit consisting of pants and a T-shirt with a V-neck. ☒

In the 2006 Athens Olympic Games in Greece, player Tamer Salah won the bronze medal for Egypt. ☒

Self-defense is one of the Taekwondo arts in which one defends oneself 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.

There are several conditions that must be met in foot movements: speed, balance, accuracy and fluidity.

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.

The World Taekwondo Federation competition rules allow the use of 3 competition area shapes. ☒

The salute is considered one of the important and necessary positions in Taekwondo and is divided into 3 types: ☒

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

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

11- When greeting, you must be in a state of attention and your head must be bent at an angle of 85 degrees.

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

13 - Poomsae is a form of self-practice that is done by following the movement steps in a way that:

Organized and consecutive against a real competitor or several competitors.

14 - Chest protectors are worn to protect the player's chest and back from blows. They come in

two colors: blue or red.

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

16 - Taekwondo continued to be practiced secretly until the country was liberated from Chinese colonialism.

17 - The greeting is considered one of the important and necessary positions in Taekwondo and it expresses the etiquette and traditions of this sport.

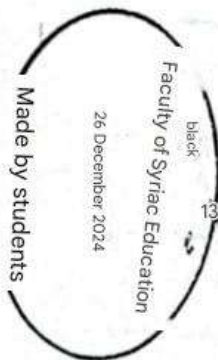
18 - Movements are considered basic skills in Taekwondo, as they contribute greatly to the player's victory in the match.

.. Defensive skills (blocks) 19 - Arm skills are divided into: 1. Offensive skills (strikes)

20 Number One in Korean Pronounced (Here)

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

22- The straight front kick skill is called (Te Chagi).





23- The competition area is surrounded by a safety zone ranging in size from 22 meters to 4.4 meters.

24- The competition area and the safety area must have a different color.

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

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

27 - 4 points are awarded when a direct kick is taken to the opponent's head.

28- 5 points are awarded when a kick is taken with a spin to the opponent's head.

29- The practice of Taekwondo has many rules, which are loyalty, respect, politeness, perseverance, and justice.

30 Head guard to protect the player's head from blows and there are two colors, either green or yellow.

Question 2: [30 marks]

Choose the correct answer from the brackets.

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

D - elbows) -The two men **C** B - arms (A - Various parts of the body

..... The skill is called the semi-circular front kick. -Y

D - Ebtelio Chagi) C - te chaghi B - Bik Chaji A) Father Chaji

The upper half-circle front kick skill is called -Y

D - Tee Chaji) C - Abbott Chagi B - Bik Chaji A) Father Chaji

..... vertical kick skill is called from top to bottom. -4 The

D - Tee Chaji) C - Nara Chaji B - Bik Chaji A) Father Chaji

..... The skill is called the straight back kick. -0

D - Nara Chaji C - Te Chaga B - Bik Chaji A) Father Chaji

..... -6 It is called the krugi's readiness position.

D - cosmic C - She Shack B - Krugi Kone (A - Jumpy Crouch

..... The poomsae stance is called -Y

D - Krugi Gombe) C - She Shack B - Bumza Kone A) Bumza Jumpi

Taekwondo suit: It is a white suit consisting of pants and a T-shirt with a collar in the shape of a -A

D - Circle - Square **C** B - rectangle **V - A)**

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

D - age of player) C - player's height B - Player grade) A - player's weight

Assiut
What physical education?
Question room

2

10 Head protector to protect the player's head from blows and there are two colors either

D - Blue and green) - Blue or brown **C** B - green or yellow **A) Blue or red**

11 Chest protectors protect the player's chest and back from blows. There are two colors:

D - blue-green - Blue or brown **C** B - green or yellow **A) Blue or red**

.....When a player throws a punch or kick to the opponent in the chest area 12- It is calculated

.D - 4 points) - 1 point **C** B - 2 points) A - points

direct kick is given to the opponent in the chest area and then a direct kick is given to the opponent in the face. 13- It is counted... when a

D - 5 points) - 1 point **C** B - 2 points) A - points

when a kick is taken with the opponent turning in the chest area 14 - It is counted ..

D - 3 points) C - 1 point B - 2 points A) - 4 points

15 - ... is scored when a direct kick is taken to the opponent's head.

D - 4 points) - 1 point **C** B - 2 points (A - points

when a te chagi kick is delivered to the opponent's chest area. 16 - A goal is scored

D - points) C - 1 point B - 2 points A) - 4 points

when a kick is taken by a chagi to the opponent in the chest area. 17- It is counted...

D - 4 points) C - 1 point - 2 points **B** (A - points

when a Nara (Chagi) kick is taken to the opponent's head. 18- It is counted...

D - 4 points) C - 1 point B - 2 points (A - points

counted when a kick is taken to the opponent's chest area. .. 19- is

D - 4 points) - 1 point **C** B - 2 points A) Points.

when Ebtelio Chagi kicks the opponent in the head area. 20 - is counted

D - 4 points) - 1 point **C** B - 2 points (A - points

21 - is counted when a Nara (Chagi) kick is taken to the opponent's chest area.

D - 4 points) - 1 point **C** B - 2 points (A - 3 points

when a kick is taken to the opponent's head. 22- It is counted...

D - 4 points) - 1 point **C** B - 2 points (A - 3 points

23- The match consists of three rounds, each round lasting

D - 1 minute) - 4 minutes **C** - 3 minutes **B** (A - Two minutes

24 - Rest period between rounds

D - 1 minute and 30 seconds) - 30 seconds **C** B One minute (A - Two minutes

25 - It is counted .. when a kick is taken with the opponent turning in the head area

D - 4 points)

- 1 point **C**

B - 5 points

) A - points

.....

26 - The match area consists of a competition area whose dimensions are:

D - 77 m)

- 10x10 m **C**

B - 99 m

) - M

27 - The competition area is surrounded by a safety zone measuring between metres to metres (M to 44 m B - 11 m to 33 m - 33 m to 55 m - 32 m to 504 m) **xx- A)**

28 - The competition area and the safety area must be from each other.

D - different shape)

C - different height

B - different color

A) Different rug

..... Players must sit on the mat during training in one formation and be arranged according to -29

D - weight)

C - length

B - tooth

A - Belt degree

.....

The skill is called the straight front kick -30.

D - Abbottlio Chagi)

C - te chaghi

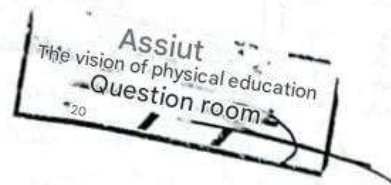
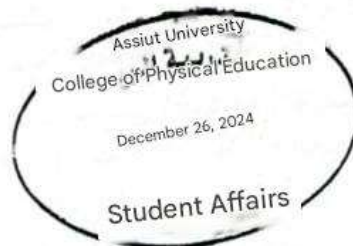
B - Bik Chaji

A) Father Chaji

With our best wishes for continued success and excellence

Course professor

Professor Dr. Ali Nour El-Din Ali



Date: Sunday, 12/24/2024

Assiut University

Time: two hours

Score: (60)

College of Physical Education

Third band

Department of Curricula and Teaching of

Physical Education Course: Group Elective "Teaching Volleyball" Code 316 1/5 First Semester of the Academic Year 2024/2025 AD

Question 1: Shade the correct statement with a symbol on your answer sheet and the incorrect statement with a symbol ((40) points)

Error	The statement	
	The ball is out when it completely passes through the lower space under the net.	1
	Players of the serving team may not prevent their opponents from seeing the server or the path of the ball.	2
	One of the techniques of the attacked hitting ball is that the accent should be horizontal and not vertical.	3
	The high stance is suitable for high serve and smash.	4
	The order of players in the front zone from the right is 1, 6, then 5.	5
	The ready stance is the position that the player takes and from which he can move in all directions.	6
	Consecutive The player may: Hit the ball twice Perform	7
	the preparation skill The hitting player, from the second touch and often from the third touch	8
	The skill of setting the ball is towards the teammate, while the skill of passing the ball may be towards the opponent or the teammate.	9
	Each center error line is considered a rotation	10
	error 11 Height: The two posts fixing the net are 3.55 meters, and it is preferable that they are adjustable	11
	The serving line for the serving player to perform the serve with his feet touching May be!	12
	13 High level players may use the underhand serve when they do not want to risk losing a point. 14	
	The serve is the action of putting the ball into play by the left back row player in the service area.	
	15 The player has the right, after hitting the serve, to land outside the service area or inside the court. Landing after hitting on both feet as much as possible, with a little depth and	16
	17 A ball that hits the net within the team's three hits may not be recovered!	
	row players occupying positions 5, 6, 1 The player who touched 18 Back	
	the ball during the block may not take the first hit after the block.	19
	In the final stage of the forward preparation skill, the back leg is moved forward to maintain balance.	20
	21 The player throwing the ball close to or far from the body is not considered a technical error in the skill of serving.	
	The skill of receiving the serve is performed when the ball is inside or outside the boundaries of the court.	22
	23 Setting skill performed by the attacking player to one of the setters on the	
	In front of the field	24
	performing a smash, the free arm that is not hitting is extended high and at a vertical level in order to maintain the body's balance	25
	In the air the libero is responsible for the back defense in the forward position to strengthen the defense of the back	26
	27 An exceptional switch is not counted as a normal switch	27
	Sometimes the setting is from the first touch and often from the second touch.	
	29 The maximum number of players in a complete block wall is four players. If the	
	ball tears the net or drops it, the round is cancelled and restarted.	30
	31 In international competitions, each team is entitled to request a maximum of six time-outs per half.	
	32 The skill of defending the field is performed when the ball is inside or outside the boundaries of the field in	
	defensive blocking, the wrists of the hands are tilted forward and directed towards the opposing team's field.	22

Error	Correcting	Answer	I play	M
			A volleyball player is allowed to hit the ball with his foot while playing.	70
			The ball is played in the skill of passing from below with the thumb and index finger only, while the rest of the fingers help maintain control of the ball.	71
			Volleyball entered Egypt through the Young Men's Christian Association in 1953 AD.	72
			In the main phase of receiving the serve, the back leg is moved forward to maintain balance as a result of transferring the body weight onto it.	73
			One of the technical points of the smash is to hit the ball late during the landing.	74
			Partial entry of the ball into the lower field of the volleyball court is considered an entry on.	75
			The serve made by the player before the first referee's whistle is cancelled and replayed.	76
			77 It is preferable to take the smash with one foot.	77
			There is no difficulty in defending the skill of sending from below the opponent due to its slow movement towards the opposing team's court.	78
			One-handed drop defense is used for balls that are a medium distance away from the player.	79
			The stance is deep when defending the field.	80

Question 2: Choose the correct answer (A) or (B) or (C) then shade the appropriate circle for the chosen phrase on the answer sheet (20) points.				
C	B	A	phrase	
Both together	Sent from the opposing team's stadium	A smash hit from the opposing team's field	Blocking is the act of frontcourt players jumping up with one or more arms to intercept the ball.	1
Stand with your pelvis wide	Swing the striking arm forward	Swing the striking arm upward	Technical errors in sending from below	2
arm	noon	Chest	The team leader should have a ribbon placed on...	3
The upper edge of the mesh	The surface of the playing field	Bottom edge of the mesh	The area of the ball passing from below is determined by	4
all of the above	The ball touched the two air sticks.	The ball touched the ground.	The ball is considered out of play if	5
Below shoulder level and facing forward	Above shoulder level and facing forward	At shoulder level and facing forward	During the jump: To perform the smashing skill, the striking arm moves upwards where: the elbow joint	6
260 - 280 gm	220 - 280 g	65-67 g	The weight of the volleyball ranges between...	7
The team is not complete	Resume play	An extraordinary change occurs	In the event of expulsion or injury of a player after exhausting the legal substitutions, it is announced as	8
Exclusion	warning	Expulsion	The first rude behaviour in the match by any team member will be punished with:	9
four	five	two	Use number of balls in a football game	10
Both together	Colleague to striker	From the preparer to the opponent's side	Often the numbers are from	11
Martin	William Morgan	Halstead	Volleyball was created by the American coach.	12
horizontal relationship	Vertical relationship	There is no relationship	When the referee changes the play and the ball is out of play	13
Two points	Three points	Four points	In volleyball for a team to win a set, the must be at least: difference in points between the two teams	14
all of the above	When the opposing team is given a yellow card	Successfully hit the ball into the opponent's court.	The team scores a point when...	15
He loses a point and loses the serve	He scores a point and continues serving	He loses a point and continues serving	If the serving team wins the trade	16

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Physical education
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C	B	A	phrase	M
Overwhelming beating	Transmission	Repel	Skills that can be performed on and off the field	17
15 players	10 players	players	Number of volleyball players on the court	18
Central 32	Central 5.2	Central 3.1	Most of the transmission reception is directed below	19
all of the above	Backwards	For both sides	One of the types of movements in volleyball is the movement...	20
Defending the field	Transmitter reception	Transmission from above	A skill whose performance movement is similar to the movement of...	21
Transmitter	preparation	beating	match and is resumed. بها اللعب It is the stroke that or period of After each round of the match	22
All of the above	The hand is venal	The liberty of the hand	The ball is hit in the serve from below with	23
7 metres	10 metres	12.5 metres	The height of the free field above the playing field does not exceed	24
Good pass of the ball to the striker	Receiving a ball that has been smashed by the opposing team or that has rebounded from the block wall	Stop incoming strikes from the opposing team	The skill of defending the field is known as	25
E runs	Runs	Runs	The team wins the match if it wins by a number of points.	
all of the above	Before the decisive ball	Before the match	In a volleyball match, the first referee draws lots.	27
none of the above	I touched the air mesh stick.	I touched an external obstacle	The ball is considered in play if	28
e centimeter	6 cm	centimeter	The horizontal bar at the top of the grid is wide.	29
all of the above	At the beginning of learning the new skill	At the end of learning the new skill	It is preferable to model the skill	30
four	three	two	It is up to the team in the half after... time out.	31
all of the above	The third touch	First touch	It is possible to scroll from	32
Scroll from top and set from top	crushing strike and field defense	Serving and ace	Of the basic skills that are different in performance	33
all of the above	beating	Repel	It is not permissible to perform ... on the transmission skill directly from the network.	34
243 cm	224 cm	242 cm	Mesh height for men	35
After the opponent executes the attacking strike	While the opponent is attacking	After the opponent executes the attacking strike	The blocking player is not allowed to touch the ball behind the net	36
Both together	Double touch	Off the ball from defense. Off the field.	Mistakes in playing volleyball	37
The hitter	The hitter	Prepared	contrasting uniform. The player must wear a For the rest of the team.	38
There is no relationship	head	Horizontal	Position player (1) has a relationship with position player (1).	39
all of the above	Transmitter reception	Overwhelming beating	Skills that can be performed off the field	40

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

/ Mustafa Mohammed Abdel Hafeez - Assistant Professor / Bakr Amwar Tahany D

Prepared by: Prof. Dr. Ayman Abdo Mohamed Prof. Dr. Iman Sayed Ahmed

Dost

I am very happy

P se d

Assiut city
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Assiut University
College of Physical Education
4 AD 2024
Student affairs

<input type="radio"/>	<input type="radio"/>	Field players are permitted to wear hand protection (gloves) that do not increase the natural size of the hand excessively (they fit easily without having to be compressed into an open-ended box with internal dimensions of 290 mm length x 180 mm width x 110 mm height).	26
<input type="radio"/>	<input type="radio"/>	Field players, when wearing face masks, are not permitted to behave in a manner that poses a risk to other players by taking advantage of the protective equipment they are wearing.	27
<input type="radio"/>	<input type="radio"/>	Goalkeepers must wear protective equipment that includes at least head guards, shin guards and foot guards, although goalkeepers may remove their head guards and gloves when taking a penalty corner kick.	28
<input type="radio"/>	<input type="radio"/>	Any curve along the length of the hockey stick should have a smooth, flowing shape along the length of the stick on either the flat face or the back of the stick, but not on both sides, and the depth of this curve should not exceed 250 mm.	29
<input type="radio"/>	<input type="radio"/>	The match consists of four quarters (periods) of 15 minutes each, a two-minute break between the first and second quarters and also between the second and third quarters, and a five-minute break between the third and fourth quarters.	30
<input type="radio"/>	<input type="radio"/>	The team that wins the toss has the right to choose which goal to attack in the first and second quarters of the match or at the beginning of the match by executing the kick-off.	31
<input type="radio"/>	<input type="radio"/>	The kick-off is taken by a player from the team that wins the toss to start the game and the second quarter if he so chooses, and is not taken by a player from the opposing team.	32
<input type="radio"/>	<input type="radio"/>	A bully is taken to resume the game after time or play has been stopped due to injury or any other reason and no penalty has been incurred.	33
<input type="radio"/>	<input type="radio"/>	The appeal hit: The players start by placing their rackets on the ground to the left of the ball, then they hit the flat faces of the rackets once and over the ball without touching it, after which either player is allowed to play the ball.	34
<input type="radio"/>	<input type="radio"/>	The defender takes a free kick 15 mm in front of the centre of the goal line to restart the game after the penalty kick has ended if a goal has not been scored or prevented.	35
<input type="radio"/>	<input type="radio"/>	The ball is out of play when it passes part of the ball beyond the side line or back line.	36
<input type="radio"/>	<input type="radio"/>	Play is restarted by a player of the team that was not the last team to touch or play the ball before it went out of play. When the ball crosses the side line, play is restarted from the place where the ball crossed the line with the free kick procedure applied.	37
<input type="radio"/>	<input type="radio"/>	A goal is scored when the ball is played from inside the dotted circle by an attacker and does not leave the circle before passing completely across the goal line and under the crossbar.	38
<input type="radio"/>	<input type="radio"/>	The ball crosses the back line: If the ball is played by an attacker, play is restarted by placing the ball at a distance of up to 15 metres from the back line perpendicular to where it left the back line and the free kick procedure is applied.	39
<input type="radio"/>	<input type="radio"/>	The ball crosses the back line: If the ball is deliberately played by a defender, unless it is diverted by the goalkeeper, play is restarted with a penalty corner kick.	40
<input type="radio"/>	<input type="radio"/>	The skill of pushing is the movement of the ball on the ground by hitting the ball rolling or stationary on the ground.	41
<input type="radio"/>	<input type="radio"/>	Sight skill is the movement of the ball so that it rises off the ground and is produced by lifting a stationary or rolling ball.	42
<input type="radio"/>	<input type="radio"/>	Hitting the ball is hitting the ball using a swinging motion of the racket towards the ball so that it is raised above shoulder level.	43
<input type="radio"/>	<input type="radio"/>	The skill of hitting the ball is to move the ball as far as possible on the ground after a swing of the racket with the aim of increasing its speed.	44
<input type="radio"/>	<input type="radio"/>	The basic skills in hockey are divided into offensive skills, defensive skills, and goalkeeping skills.	45
<input type="radio"/>	<input type="radio"/>	Foot work is a basic skill with the ball.	46
<input type="radio"/>	<input type="radio"/>	In the skill of holding the stick, the left hand grips the racket from above.	47
<input type="radio"/>	<input type="radio"/>	The stick is in contact with the ball while rolling the ball.	48
<input type="radio"/>	<input type="radio"/>	The ball pushing skill is used in long distance passing.	49
<input type="radio"/>	<input type="radio"/>	A flat horizontal stroke is called a sweep.	50

Complete the questions on the next sheet.

- 20 -

Assiut University, Faculty of Physical Education, Question Room

Assiut University
Guardian of Physical Education

24th of July 2024

Student Affairs

(T)	(F)	Yes, you use the skill of pushing the ball in passing and shooting at the goal.	52
(T)	(F)	The flick skill is used to pass the ball on the ground.	53
(T)	(F)	Progression of the dialogue in which the flat and reverse sides of the racket are used together in succession.	54
(T)	(F)	The (Push) skill causes the ball to rise off the ground.	55
(T)	(F)	55 In the flick skill, the hands are spread apart.	56
(T)	(F)	Blocking, cutting and clearing are all skills of a goalkeeper.	57
(T)	(F)	Pushing the ball is one of the most important skills of the game to learn early in a competitive game.	58
(T)	(F)	58 Follow-up on goal means in English (flow up).	59
(T)	(F)	The power of a dribbling skill depends on the timing and coordination of the wrists, shoulders and body.	60
(T)	(F)	Receiving and receiving the ball The racket acts as a cushion on which the ball is received when it arrives.	

Question 2: Each word has one point.

(30) degrees






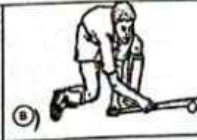


Shade the circle containing the correct answer number on the answer sheet from among the alternatives in the following

question: The player who is trying to score a goal.

(A) Defense	Defender (0)	Attack	Attacker (1)	-1
Goalkeeper (0)	Team (0)	Field player (0)	Reserve player	-2
Play distance (0)	Violation/Error	Arrest of the competitor	all of the above	-3
(A) Defense	defender	Attack	attacker	-4
With one hand	Hands apart (0)	With hands together	All of the above	-5
Play distance (0)	Wrong violation (0)	Arresting a competitor	All of the above	-6
(A) HIT	(B) PUSH	(C) FLICK	(D) SLAP	-7
(A) HIT	(B) PUSH	(C) FLICK	(D) SLAP	-8
(A) Defense	Defender (0)	Attack	Attacker	-9
Goalkeeper (0)	Team (0)	Field player	Substitute player (0)	10
(A) Defense	Defender (0)	Attack	attacker	11
Play distance (0)	Wrong violation (0)	Arresting a competitor	all of the above	12
(A) OVERHEAD	(B) HOTLINE	(C) GOALLINE	(D) SIDELINE	13
				14

Complete the questions on the next sheet.

Assiut University
Physical Education process
24 December 2024
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<input type="radio"/> OVERHEAD	<input type="radio"/> HOTLINE	<input type="radio"/> GOALLINE	<input type="radio"/> SIDELINE	
<input type="radio"/> OVERHEAD	<input type="radio"/> HOTLINE It is the back line between the goalposts.....		15-
<input type="radio"/> OVERHEAD	<input type="radio"/> HOTLINE	<input type="radio"/> GOALLINE	<input type="radio"/> SIDELINE	
<input type="radio"/> OVERHEAD	<input type="radio"/> HOTLINE The longest line around the stadium.....		16-
Match cancellation 0				
<input type="radio"/> Stop time				
Resume Play				
Other 0				
Penalty corner, kick time (0)				
<input type="radio"/> Defensive goalkeeper injury				
<input type="radio"/> Stopping a defensive goalkeeper				18-
by the judges. The side agreed upon..... from the midline of				
Other 0				19-
<input type="radio"/> or				
<input type="radio"/> they				
..... If time lapses before the referee makes a decision, the referees are allowed to make that decision immediately.				20-
After the end of the second quarter (0)				
Before the start of the second quarter 0				
Before the end of this quarter				
After the end of this quarter (0)				
After about a fistful of my left hand..... Up and right hand down and on				21-
All of the above (0)				
Reverse Face Hitting (2)				
<input type="radio"/> Ball hitting skill				
Stick holding skill (0)				
..... For passing at short distances				22-
Use a skill...				
<input type="radio"/> sweep	<input type="radio"/> hit	<input type="radio"/> slap	<input type="radio"/> push	
All of the above (0)				2-
hit the ball)				
buck the ball)				
Push the ball 0				
open behind the ball (
Locked on the ball (0)				
<input type="radio"/> In the air				
Higher than the ball				24-
..... When receiving the ball from below, the racket is				
All of the above)				25-
ball sight (0)				
Ball push (0)				
Hitting the ball with the opposite side				
..... To the place where the ball is intended to reach..... The bat is in contact with the ball and the flat face of the bat is to the left and points.....				26-
Rolling Advance Skill 0				
Ball hitting skill				
<input type="radio"/> (0) (0) (0)				
Ball pushing skill				
..... The skill in which the right foot is forward....				27-
Other than the above)				
The skill of seeing the ball				
Ball hitting skill 10				
Ball pushing skill				
..... The skill in which the right foot is forward				28-
Other than the above 0				
Ball bounce skill				
Ball hitting skill				
Ball pushing skill				
..... The correct form of the flat-faced hitting skill is....				29-
   				
..... The correct form of the flat face push skill is.				30-
   				

Questions are over... We wish you all the best and success.

Prof. Dr. Khaled Abu Al-Saud Abdullah

Asst. Prof. Dr. Ahmed Adel Tamim

Asst. Prof. Dr. Shaimaa Maher Ahmed

Adiya Assiut
College of Physical Education
Question room

Assiut University,
Faculty of Physical Education

24th of July 2024

Student Affairs



Subject: Group elective (football training major)

Third Division (Boys Training Specialization)

Second semester

Time: 2 hours from 9 to 11 am

Academic year/ 2024 AD/ 2025 AD

Number of questions: Only one question

Degree 60

Today and date / Tuesday / 12/24/2024 AD

Examiners Committee: Prof. Dr. Ahmed Mohamed Hussein

First question:

Put a check mark (✓) in front of the correct statement and an X mark (x) in front of the incorrect statement.

Among the physical preparation capabilities in training operations are speed capabilities (✓)

Physical preparation abilities are subject to the natural processes of human change, apart from the effects of sports training. (x)

such as growth, aging, and daily stresses (✓)

In competitive high-level sports, a distinction is made between two types of physical preparation: general physical preparation and specific (x)

physical preparation.

The cases, methods and organizations of distinctive training processes for developing physical preparation for a game or sporting event differ. (x)

To another)) The

preparation of players in football includes several aspects such as physical preparation, skill preparation, and tactical preparation.

Mental and psychological preparation

6- Physical fitness does not play a role in preparing the player in terms of skills.

Power is the ability to change the position, speed or direction of a body on the ground or in the air with precision, fluidity and time. (x)

suitable))

There is no relationship between good physical condition and performance level (x)

Physical preparation is not considered one of the basic pillars of football (✓)

10- Distinctive performance and skillful performance in football does not depend on the player's physical

fitness. 11- Only strength and endurance are considered elements of physical fitness

12 - Physical preparation training is divided into three sections: training methods, training techniques, and training systems.

13 - Continuous training and interval training are considered among the training methods for physical preparation.

14 training methods in physical preparation: weights, plyometrics, and increasing speed.

15 training systems in physical numbers: circular, free and groups (✓)

16 - Physical preparation is the healthy state of the athlete in terms of the efficiency of his physical condition and the ability to use it.

skillfully (✓)

17 Key Elements of Fitness Flexibility and Speed (✓)

18- One of the components of physical fitness is speed endurance

only (✓) 19- Internal load means the biological maturity of the heart, lungs and circulatory system (✓)

20 - The coach cannot regulate the training load through external observation of the player or by measuring the stroke rate.

Heart (pulse) (✓)

21 - Warming up helps raise muscle temperature.

22 types of general warm-up only (✓)

23- One of the goals of warming up is to prevent injury.

24 types of circuit training, interval and repetition only.

25. Preparing the player in terms of physical fitness is preparing him to bear the physical and technical load.

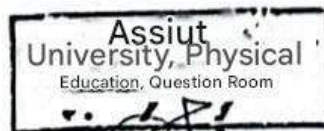
Specific warm-up then general warm-up the warm-up, the player shows. 27- (x) (x)

(x) related to muscles and their work (x) (x) Strength is considered the physical characteristic that

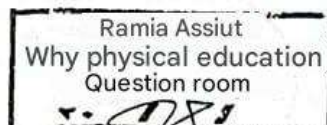
28 - Power is divided into three types: maximum power, power characterized by speed, and power endurance.

29- There are only two types of muscle contractions: ectonic contraction and isometric contraction.

30 Strength endurance training methods are divided into continuous training and low-intensity interval training.



- 31- Physiological fitness was defined by other scholars as well-being.
- 32- Football has achieved a level of fame that no other game has achieved. () 33- The purpose of preparing the player in terms of physical fitness is to prepare him for physical and technical endurance. ()
- 34 - Playing football requires special types of flexibility in certain parts of the individual's body.
- 35- Strength is considered a physical characteristic related to muscles.
- 36 - General strength, which is the general muscle strength that works in football ()
- 37- Special power is the power of the muscles that work in football ()
- 38- Stretching exercises that target stretching the muscles, ligaments and tendons and increasing the range of motion in the joint ()
- 39- Flexibility is a term that refers to the extent to which a joint moves according to its anatomical range () 40- Force tolerance is an important characteristic that increases the muscle's ability to work for a long period before fatigue appears ()
- 41 - Negative flexibility is a type of flexibility.
- 42 - Endurance means the player's ability to continue excellent physical, technical and tactical performance throughout the match.
- 43 - Types of general and specific tolerance ()
- 44 - Agility refers to the player's ability to change his body position, speed, or direction on the ground or in the air.
- 45 - Continuous training leads to the player running for a long distance and for a long time at an average speed.
- 46- One of the exercises that develop agility is running exercises with changing the running speed ()
- 47 - Repetitive training gives to improve speed or develop strength)
- 48 - High-intensity interval training: This method aims to improve speed and strength.
- 49- Types of flexibility: general, special, positive ()
- 50 training methods in physical preparation Interval training .. Repetitive training ()
- 51 One of the characteristics of basic defensive plans is that most or a large number of the team's players participate in their implementation.
- 52 To implement the basic defensive plans, it is necessary to cover the players of the team implementing them! The spaces on the field are large ()
- 53- Depth in defense means spreading out the players of the defending team and distributing them in a way that allows monitoring the spaces and the attacking players.
- 54 technical points that can be used to achieve good depth are defenders taking angles between themselves and each other in a way that allows the spaces that need to be defended to be defended to be defended ()
- 55 Balance in defense means that the defending team players control the spaces that they must defend.
- 56- The attackers attempt to achieve a disruption in the opposing team's defense by implementing their tactical capabilities.
- Offensive is the concept of balance in defense () 57-
- The defenders' control of the different spaces that make up the area in which they attack is one of the goals of balance in Defense () 58
- The absence of a complete change in the distribution of defenders leads to a disruption in their ability to perform defensive duties from goals Balance in defense succeeded))
- 59 Handover and receipt: The defenders exchange control over the attackers.
- 60 - Balance in defense requires a wide-ranging understanding between defenders and each other.
- 61- The player who is further away from the area where the encroachment occurred must cover it.
- 62 - The timing of the defender's departure from the attacker is very important, as he should not leave early so that he does not receive the ball.
- 63 - Defensive delay means that the defending team players are not motivated and do not wait for the right opportunity to take possession of the ball From the attacking team ()
- 64 - One of the goals of delaying the defense is to reduce the danger arising from the numerical superiority of the attacking team's players over the defending team's players.
- 65 - One of the goals of delaying the defense is to reduce the danger of quick counterattacks from the attacking team on the defending team.
- 66 - The blind side of the defense means the opposite side, every place where the ball is in the possession of the attackers.
- 67 - The team's blind side appears in the case of crosses ()
- 68 - One of the objectives of securing the blind side is to place empty spaces behind the defense group, which are on the opposite side. Where the ball is located
- 69 - One of the technical points by which the blind side of the defense can be secured is covering the areas on the blind sides of the defenders according to the limits of each of their responsibilities ()



the goals of the bond are to achieve defensive play when the first defender or others)

71- Basic skills are divided into skills without the ball and skills with the ball.

(72) The basic skills in football include running with the ball, passing, and attacking only.

73- Running with the ball is considered one of the most important skills in football, both in the past and present.

74- Types of foot strikes: basic and uncommon strikes.

75 of the basic strikes in football are hitting the ball with the heel of the foot.

76- Hitting the ball with the sole of the foot is one of the most common foot strikes

ever.) 77. Hitting the ball with the sole of the foot is the most commonly used foot strike of all time.

78- One of the common mistakes in hitting the ball with the inside of the foot is hitting the ball in the middle, which causes it not to rise. 79- One of the common mistakes in hitting the ball with the head is closing the eyes while the ball touches the forehead.

One of the technical steps for heading the ball is to hit the ball with the top of the head... 80

81 من الخطوات التعليمية لاستلام الكرة بباطن القدم يؤدي اللاعب حركة التدرية على المهارات باستخدام الصفات البدنية من طرف التدريب

82 One of the most important basic skills is receiving, then passing and passing. 83

84 Compound skill performances represent the main and essential aspect of a football player ()

Basic Skills Training Methods Skills Training Using Sensation Training Getting Used to Ball) 85

86- One of the disadvantages of the skill training method using more than one ball is developing the player's response speed.

training using physical attributes shows the coach the player's level of accuracy in performing the skill. 87

Basic)) Skill

The coach uses compound exercises to prove the player's accuracy in performing basic skills. 88

89 The advantages of the skill training method using more than one ball are learning to perform basic skills.

90 - Skills training using mandatory (conditional) technical training. The player's level of accuracy is given to the coach.

Basic skill performance ()

91 Complex skill performances require continuous training to master them in a sequential manner.

92 - The training method using physical qualities is used in preparing for matches that require the performance of skills.

Basic physical qualities such as agility, speed and endurance

() 93 Basic skills training methods Training using physical qualities and training using exercises

Feeling only ()

94 - Examples of training methods using physical attributes: The player jumps over the barrier and then shoots the ball towards the goal ()

95 - The training method is characterised by using more than one ball to develop speed and response and learn the speed of performing skills. 96

- Examples of exercises for feeling the ball include rolling the ball with the bottom of the foot and walking with it in different directions.

97 - One of the common mistakes in the skill of receiving the ball with the outside of the foot is the stiffness of the receiving foot, which leads to it moving away.

The ball from the receiver () One of the

educational steps in muffling the ball with the sole of the foot is for the player to perform the movement of muffling the ball in the correct manner without

hate)

99- One of the common steps in suppressing the ball with the sole of the foot is the player's failure to direct the ball with the sole of the foot ()

100- One of the educational steps in the skill of absorbing the ball with the thigh is for the player to drop the ball in front of his hands and knees, with his chest.

With the thigh ()

101- The angles of support and the strength of the pass are his basic elements that affect the efficiency of the support in defense () 102- The angles of support are the angle at which the direction of the body of the dominant defensive player is in relation to his defensive line so that he does not pass through it.

The first attacker ()

defenders are leaning towards the attacking team's defense, the from the technical points of observation 103-1 in

104- One of the technical points for defensive conditioning is taking into account depth and support during the implementation of defensive conditioning ()

105 - The quick return of the attacking team players at the same time to the required area from the technical points to intensify in defense ()

106 Attacker's tendency towards the defending team is one of the technical points of defensive conditioning.

2-

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Student Affairs

107 - Contributing to achieving the principle of collective play in football through the cooperation of team players while defending goals.

bond ()

108 - The basic offensive plans are collective plans in which most of the players on the same team participate.

- The basic offensive plans include depth in the attack and breadth in the attack. 109

110 - Does depth in the attack mean the spread of the attacking team's players and their distribution in a way that allows multiple opportunities for the player in possession?

He has to pass the ball ()

111 - The appropriate depth of the team players creates great opportunities for passing ()

112 - The width in the attack means the extent to which the team is distributed across the width of the field and the extent of the transverse distances.

existing between players and their suitability ()

113 - Teaching players game plans should be consistent with their skill level and also with the plans they have previously learned () 114 - One of the basic offensive game principles is to determine the role of each player on the team during the attack in the location of the ball.

And the surrounding places

115 - Offensive expansion is created by long transverse exercises from side to side ()

116 - Support in attack: An attacking player takes a position behind or to the side of the player in possession of the ball to assist him when

() Necessity.

117 - The main purpose of the support in the attack is to put pressure on the player with the ball ()

118 - The principle of good support is considered one of the basic factors in building a strong and successful attack ()

119 - The support distance is the distance between the player in possession of the ball and the dominant player ()

120 - The distance between the dominant and the dominant ranges between 10:10 yards.

With best wishes for success,

Committee of Examiners

Dr. Ahmed Muhammad Hussein

Assiut city
Why physical education
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Assiut University
College of Physical Education
24 Reem 2024
Student Affairs

- ٤ -



Date: 12/24/2024
Academic year: 2024/2025 AD

Subject: "Elective Group Basketball Training" Semester: First
Time: two hours



College of Physical Education
Department of Sports Training and Movement Sciences
Division: Third
Number of questions: (2)

Answer the following questions: [Think first, then shade on the answer sheet the appropriate choice from your point of view.]

30 degrees]

Question 1: Shade on the answer sheet the circle that expresses your choice for each of the following statements:

Right	FT	Arat	number
		The ball pusher is a tool and device that helps in the skill of dialogue.	1
		The types of zone defense are (2-3), (1-2-2), and (1-1-1).	2
		One of the objectives of sports selection is to determine the physical, psychological, skill and tactical requirements necessary to excel in activities.	3
		Various sports.	4
		The medicine ball throw test measures the characteristic of muscular strength.	5
		One of the disadvantages of the 32 formation is that it helps the attackers shoot from in front of the wings and from next to them.	6
		A basketball game consists of (4) periods of time, each period being (10) minutes.	7
		Zone defense is used when the opposing team's players excel at penetrating the basket.	8
		Each team has the right to 5 time-outs in the match, 3 of which are in the first half.	9
		A personal foul is a foul committed by a player for violating the rules of the game.	10
		It plays a major role in determining the level of performance in many defensive performances, and we can call basketball a sport of muscular strength.	11
		The coach is not entitled to more than two time-outs during extra time.	12
		The offensive and defensive principles are jumping and cutting.	13
		If the opponent tries to pass the ball to the ball, the defender must extend his far arm towards the direction of the pass to block the pass.	14
		One of the disadvantages of man-to-man defense is that it allows the attacking team to organize their attack, rebound and catch their breath after struggling in defense.	15
		Zone defense is used when the opposing team's players excel at penetrating the basket.	16
		17. Physical performance during a basketball match depends on the production of energy in the aerobic pathway which constitutes 85%.	17
		The attack time in basketball is 14 seconds.	18
		If the time is called, the two baskets of play are changed.	19
		If the opponent tries to pass the ball, the defender must extend his far arm towards the direction of the pass to block the ball.	20
		The 35-second device is one of the tools and devices that help in the closed loop follow-up.	21
		22 A player who puts the ball in from outside the boundary may not take more than (3) seconds to put the ball in.	22
		One of the types of shooting in which the attacking player can shoot without being obstructed by the defender is the peaceful shooting.	23
		One of the advantages of the 32 formation is that it reduces the chances of shooting from the corners of the field.	24
		Mixed defense is used when the opposing team has a striker who is good at shooting three-pointers.	25
		the recorder's signal for this request is triggered. The time-out can only be cancelled before.	26
		Balance is a physical trait that improves individual defensive performance in basketball because it requires quick and variable movements.	27
		28 After the blitz, the fastest means of attack in basketball.	28
		The offensive principles are pivot and stop.	29
		One of the tools and devices that help in the closed loop follow-up skill.	30

Assiut
College of Physical Education
Balcony questions

Assiut University
College of Physical Education

December 24, 2024

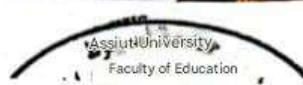
Student Affairs

Question 2: Choose the correct answer from the following that matches the statement: [30 points]

Arrah _____ I play				
Developing his ability to make sound decisions and the right timing, in addition to developing his ability to _____	Basketball player needs some kind of training. Focus on the ball, the opponent and the teammate all at once.			
(D) Psychological training	C mental training	B) Physical training	(A) Skills training	
Basketball is a sport that requires variations of sprinting, back running, rebounding, jumping, lateral movements and changing directions, all of which require...	The player is in a _____ high condition.			
Together (A) and (D)	C) plan	Physical (B)	Skillful (A)	
D) All of the above	C) Spatial selection	B) Integrative selection	Selection for guidance (A)	
dark glasses (D)	Rubber net	B) Ball pusher	mini episode (A)	
of the game plan, which is consistent with his characteristics. Individual planning aims to improve the player's duties in the framework				
(D) schematic	(C) Skill and physical	(B) Physical	Skill (A)	
All of the above are true (D)	Line shooting skill (C)	B web photography skill from Playground corner	Skill of shooting from the area (A)	
Free throw			6.75 pm	
He is the trainer who always wants to innovate and know the latest training methods and is interested in scientific research and continuous evaluation of the training process, taking into consideration the available capabilities.				
D) Hardworking coach	C) The ideal coach	A Realistic Coach	(B) Aspiring Coach	
One of the important and influential abilities in the level of performance in basketball, especially the transition phase from attack to defense and vice versa.				
(D) translational speed	C) Muscular strength	B) Response speed	A muscular ability	
(D) Man to man defense	C) Zone defense	B) Pressing defense	A) Mixed defense	
Together (A) and (D)	According to a specific	B) Specific area.	(A) Specific player.	
D All of the above are wrong (D)	three (C)	(B) Two	single (A)	
distance between the (D) The	C) Movement of all players	Striker's movement (B)	defender movement (A)	
(B) and (C) together. (D)	C) Change speed	B running	Ace receiver	
D) All of the above	Ball launcher device (C)	B mini ring	The anthropomorphic sign (A)	
D) Muscular ability	speed (C)	B) Agility	A force	
D) Compressor	Area (C)	Mixed B	(A) Man to man	

Assiut
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College of Physical Education
24 Reem 2024
Student Affairs

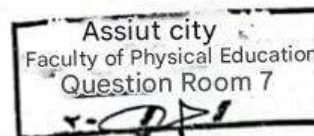


College of Physical Education
Department of Sports Training and Movement Sciences
Examination of the Sports Training Course Team Sports (Racket Games)

Important instructions	
Course name: Sports training, team sports, racket games. Third band	
Date: 12/24/2024	First semester of the academic year 2024/2025 AD.
Total score: 60 points	Time: 2 hours
Dear student:	
Remember that the question paper is 3 pages long. —	
Read carefully and don't let your pen get ahead of your mind. —	

Question 1: Put a check mark (✓) in front of the correct answer and an (X) in front of the incorrect answer from the following: (40) points)

	The driving stroke is a defensive stroke.	1
	If the feet are parallel, the player can hit the ball powerfully.	2
	The playing surface may be made of any material, but it is required that if a legal ball falls on it from a height of 30 cm, it should rebound approximately 16 cm.	3
	Your training setup should include table-specific exercises.	4
	If the players reach a tie at ten points each, one of them must have a two-point lead over the other to win the set.	5
	Technically, the drive stroke does not cause backspin on the ball.	6
	One of the technical steps for the straight forward kick without rotation is to place the right foot in front and the left foot behind.	7
	Cutting strokes are important defensive strokes.	8
	Table tennis requires constant movement from the start of the serve to the end of the point.	9
	The ball should be spherical in shape with a diameter of 42 mm and the weight of the ball should be 28 g in table tennis.	10
	In table tennis, the legal conditions for serving are that the hand and ball are below the level of the table.	11
	It is difficult to make fixed plans in table tennis.	12
	The net is suspended from both ends connected to a vertical post 15.25 cm high and its outer borders 15.25 cm outside the side line.	13
	Spiral strikes are defensive strikes.	14
	The ball rush is not on the most common mistakes in the skill of cutting the ball.	15
	The handshake grip is made with all the fingers of the hand.	16
	One of the correct serve techniques is to throw the ball upwards at a distance of no less than 16 cm.	17
	At the beginning of learning the smash, the ball either goes into the net or goes outside the end of the table.	18
	If the player does not take top spin into account the ball will be returned either high or off the table.	19
	The ball goes outside the end of the table when encountering downspin.	20



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20	The percentage of preparation in racket games is 40% physical, 40% skill, and 2% tactical.	21
	A point is awarded to the player if his racket touches the net.	22
	The playing equipment consists of the table including the net, the referees' tables and chairs, the counters and the boxes.	23
	Printed towels and numbers mark the table and barriers.	
	24 The training period may be extended with the permission of the assistant referee.	
	It is difficult to make fixed plans in table tennis.	25
	A replayed ball is a period of play in which the result is not counted.	26
	27 Players have the right to change sides of the table in the tie-break of the match.	
	28 It is considered one of the techniques of performing the serve stroke to open the fingers of the hand holding the ball and leave the thumb free.	
	Maximum spin is one of the main factors that contribute to the effectiveness of the spin serve. The racket is very closed in the preparation phase for the forehand underspin serve.	29
	Tactical performance does not require the contribution of multiple thinking processes during performance due to the nature of the situations in matches.	30
	31. The cutting blow is a blow returned with a backspin.	
	When performing the drive stroke, you should not be close to the table.	32
	The smash strike skill does not require much power.	33
	34 The term (Fault) is given to the incorrect ball.	
	One of the legal conditions for serving in tennis is that the player rotates the ball while throwing it.	35
	Tennis strokes include the volley and the half volley.	36
	Length 23.78m and width 640m for the tennis court	37
	Points ranking in a set in tennis (15-30-40) sets)	38
	The group plays tennis in 6 sets.	39
	In tennis, matches are played in three or five sets.	40

Assiut University
Faculty of Physical Education

24 2024

Student Affairs

Question 2: Choose the correct answer for the following statements.

(D) 270 cm	(C) 270 cm	(B) 276 cm	(A) 274 cm	(1)
(D) 4 points	(C) Every point	(B) 2 points	(A) 3 points	(2)
(D) All of the above	(C) Foot movements	(B) Offensive Strikes	(A) Strikes	(3)
(D) All of the above	(C) Left	(B) Right	(A) Front and back	(4)
(D) 14 points	(C) 11 points	(B) and points	(A) 5 points	(5)
(D) All of the above	(C) Offensive and defensive strikes	(B) Transmitter	stance Ready (A)	(6)

My skill is one of the offensive skills in table tennis. (v)			
(D) repel, repel	(C) overwhelming, driving	(B) crushing, cutting	(A) Straight crushing
The lighting power must not be less than lighting units, measured from the height of the playing surface. (8)			
١٧٠ (D)	١٣٠ (C)	١٥٠ (B)	١٦٠ (A)
The index finger rests in the handshake grip on the end of the racket. (9)			
(D) Anterior lateral	(C) Lateral edge	(B) Back surface	(A) Front surface
.....They are the steps that the player takes to change his stance in all directions. (10)			
(D) Other	(C) Cross-stepping	(B) Move in multiple steps	(A) Move in one step
(11) At least of the racket body must be made of natural wood.			
٧٤٥ (D)	٧٨٥ (C)	٧٣٣ (B)	٧٥٥ (A)
..... The Egyptian Table Tennis Federation was established in the year. (12)			
١٩٣٤ (D)	١٩٣٦ (C)	١٩٣٥ (B)	١٩٣٣ (A)
In individual matches 100 meters wide The tennis court is 100 meters long and (13)			
22.77m, 8.77m (D)	23.75 8.25 m(C)	٨.23, ٢3.77 (B)	23.76m, 8.23m (A)
In table tennis, the height of the court must not be less than . (14)			
(D) 1 meter	(C) 5 metres	(B) 7 meters	(A) 1 meter
..... One of the basic strokes in tennis... (15)			
(D) Forehand and backhand serve and forehand and backhand strokes	(C) semi-cutting stroke	(B) The decisive blow	(A) Raised strike
A common mistake in hitting in racquet sports is for the player to be in a state of. (1٦)			
(D) Balance	(C) Agree	(B) Stress	(A) Control
The half volley in tennis is a stroke (17)			
(D) Spiral	(C) Deceptive	(B) Defensive	(A) Offensive
Ground tennis is - Network height in (18)			
(D) 109 cm	(C) 17 cm	(B) 11 cm	(A) 105 cm
For the straight hit of tennis, The motor path is formed (1٩)			
(D) All of the above	(C) Follow-up phase	(B) Multiplication stage	(A) Ready stage
The physical and skill level of racket players is measured by - (٢٠)			
(D) The intensity of the load	(C) Accuracy	(B) Tests	(A) Compatibility

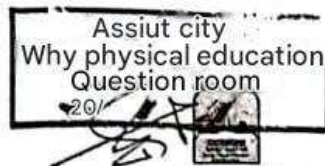
) The questions are over, with best wishes for success and good luck.

- 2 -

Committee of Examiners
 Prof. Dr. Medhat Shawky Tous
 Prof. Dr. Engy Adel Metwally
 Asst. Prof. Dr. Abdul Rahman Hussein Ibrahim

Assiut University
 for Physical Education
 Question room

Assiut University
 Faculty of Physical Education
 24 December 2024
 What about the student?



Department of Sports Training and Movement Sciences



College of Physical Education

Optional Course Test Team Games Volleyball Training)

Number of test hours: two hours.

Academic year 2024-2025 Band: (Third).

Number of question papers: three pages

60 degrees

Article Code: 316T/B/1. Grade:

Answer the following questions:

(30) degrees

First question:

Choose and shade the correct answer (C) or (B) or (A) for the statements in the following table.

And transfer it to your answer sheet:

A	B	C	phrase	M
all of the above.	Teaching the striking arm movement	Standby pause	The first thing that is taught in the skill of sending from below	1
all of the above.	Feet position	Body position	The vertical and horizontal relationship between the front and back row players is based on	2
all of the above	The heptagon	Triple	One of the formations of receiving the serve in volleyball is the formation	3
None of the above	Center (2)	Center (1)	The player on the right side of the backcourt is the player	4
all of the above.	At the beginning of each new game	At the beginning of learning a new skill or plan	It is preferable to make a model	5
Respiratory cyclic endurance	Transitional speed	Agility	A test of running 20 or 40 meters in the shortest time, the aim of which is to measure	6
None of the above	Weighted arm extension above shoulder level	Swing your arms up to shoulder level.	One of the technical stages that must be taken into account when performing a pass from below	7
None of the above	From the bottom side	From below the inverse	One of the types of sending that is preferable to learn and is suitable for girls and beginners	8
Transmitter	Scroll from below	Scroll from above	It is a skill that must be played with any part of the arm legally.	9
Ball crossing field	Lower sphere	External field	Legally, the ball must pass from the team's court to the opponent's court through	10
230-240 g	250-260 gm	260-280 AD	Adult Men's and Women's Volleyball Weight:	11
all of the above	Defensive area	Replacing the libero player	The back area of the field is also called the area.	12
all of the above	Penalties	Number of points, timeouts and substitutions	Each half of the match is independent in itself.	13
European Union	International Federation	African Union	He is the first person responsible for spreading volleyball worldwide.	14
Anaerobic lactic work	Phosphate anaerobic action	Pneumatic action	The nature of work in volleyball	15
development motor speed	Development of muscular ability	To develop strength and endurance	Objective: To train jumping with feet and throwing with arms in 10 seconds.	16
all of the above	The player touches the ball twice in a row.	Hold the ball and keep it stable while passing.	Legal errors for passing from above with hands in the match	17

24th of July 2024

A	B	C	M
Visual vision of the ball during	Jumping with one foot	Moving with the ball	The performance of volleyball skills depends on: 18
Transmitter area	The area surrounding the stadium on all sides	Front area	The free zone in the volleyball court is: 19
all of the above	Center player (6) is closer to the end line than center player (3).	The player in position (2) is closer to the net than the player in position (3).	The vertical relationship between the position player (2) (6) is determined. 20
all of the above	Aljasmaiya	Center (6) physical	Among the important selection determinants in volleyball are: 21
all of the above	Hitter 4	The libero	22 volleyball player specialties Player: 23
all of the above	The blocking wall	Prepared	Volleyball player specializations 23
all of the above	Point warning	Attract attention without point	If a player receives a yellow card in the match, this means: 24
None of the above	Egyptian Volleyball Federation	Egyptian Volleyball Federation branches	The volleyball junior stage under 11 and under 13 years old is organized by: 25
all of the above	Exaggerating the force of hitting the ball so that it goes out of the field	Exaggerating the throwing of the ball high before hitting it	One of the common mistakes when performing the serve from below 26
all of the above	No hitters and six batters	No miners and six hitters	How to play (0-6) means 27
all of the above	Hitting the ball with the inside of the forearm	The body is behind the ball	Among the technical stages that must be taken into consideration when performing a pass from below with the arms: 28
None of the above	67.5 minutes	75 minutes	The training unit time is (90) minutes and the percentage of the main part 29 of the unit is 75%. Therefore, the time of the main part is: 29
None of the above	18 minutes	30 minutes	The duration of the training unit is (90) minutes and the percentage of the introductory part of the unit is 20%. Therefore, the duration of the introductory part is: 30

30) Degree

Second question:

Shade a check mark (✓) in front of the correct statement number, and a check mark (✗) in front of the incorrect statement number on the sheet.

Answer:

T.F	again	Play it	M
		The holistic learning method is suitable for learning easy volleyball skills such as the serve skill.	1
		Due to the lack of a strong coherence between the technical stages of volleyball skills, it is preferable to use the partial method to teach the skill.	2
		In the new legal regulations, the number of referees in a volleyball match does not exceed eight referees.	3
		The net height for the under 15 and under 17 girls is the same as the senior women's net: 224 cm.	4
		The ball is hit while performing the skill of passing from below with the arms with the outer surface of the forearms.	5
		Volleyball transfer moves are suitable for moving to play balls close to the player.	6
		The skill of passing from above with the hands is classified as a skill that is performed from below the level of the shoulder surface.	7

T	F	Arrah _____ I play	M
		The preliminary stage while performing any of the ball skills. volleyball skills are:	8
		Crawling moves in volleyball to play balls far from the player.	9
		The number of players registered on the registration sheet for one team in a volleyball match shall not exceed ten players.	10
		One of the types of individual offensive plans in volleyball is the serving plan.	11
		How to play (24) The first number means the number of batters and the second number means the number of batters.	12
		The number of flag judges in a volleyball match shall not exceed ten flag judges.	13
		The technical steps for any skill in volleyball begin with presenting the skill, then creating a model similar to the actual performance in the match, then choosing the learning method, then choosing the exercises based on the type of learning method, then controlling the mistakes and developing the skill.	14
		Gameplay (24) is suitable for junior teams and high level volleyball matches.	15
		One of the common technical mistakes in passing from below is hitting the ball with the front of the hands and fingers.	16
		Starting with the competition for juniors, boys and girls, organized by the Egyptian Volleyball Federation, under 13 years old.	17
		The first person responsible for spreading the game worldwide in FIVB volleyball.	18
		The skill of receiving the serve is classified as a skill that may be performed with one arm or both arms in the ball. The plane.	19
		General plans in volleyball include choosing the two halves of the court and using time-outs and substitutions in the match.	20
		The most common and widely used 5-way serve formation in volleyball is the letter (). Levels and age groups for men, women, juniors and junior girls.	21
		Legal jersey numbers for players start from (1-14).	22
		Formation of the reception of the serve from the collective offensive plans in volleyball.	23
		The legal horizontal lateral relationships between the front row players on a volleyball court determine the dimensions of approach to the right and left side lines and with the feet.	24
		Important special fitness elements in volleyball are explosive power of the legs and the strength of the legs and arms.	25
		The types of errors that occur while learning volleyball skills are learning errors and ability errors.	26
		Volleyball was created by the French scientist William Morgan in 1895 AD.	27
		How to play (33) It is preferable to distribute the batters on the field positions, individually or in pairs.	28
		Playing method (15) is called the runner method and is the most common and used in volleyball.	29
		The shape of the feet during the stance to perform basic volleyball skills from the right side of the volleyball court. The left foot is in front and the right foot is behind.	30

Good luck and success

Prof. Dr. Marwa Ramadan Mahmoud

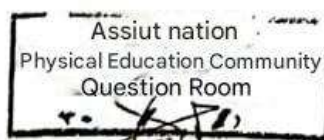
Prof. Dr. Mohamed Ahmed El-Hafnawy

A.M.D / Tariq Mohammed Abdullah

Prof. Dr. Abdul Rahman Hussein Ibrahim

Asst. Prof. Dr. Rasha Attia

Page 3





College of Physical Education

Department of Curriculum and Teaching of Physical Education

First semester final exam January 2025

Team Games (Hockey) Course

Academic year: third

Total score: 60 points

Exam time: 2 hours (53)

Day and date: Tuesday 12/24/2024 AD

(30) degrees

Question 1: Each word is worth half a point.

Shade the circle if the answer is correct, and shade the circle if the answer is wrong on the answer sheet.

Symbol	Vocabulary	
<input type="radio"/> <input type="radio"/>	Penalty kick points with a diameter of 150 mm are placed in front of the centre of each goal, with the centre of the point 6.475 m from the inner edge of the goal line.	1
<input type="radio"/> <input type="radio"/>	Lines 150 mm long outside the playing field on each sideline 1083 m from the centre of the back line measured between the nearest ends of these lines.	2
<input type="radio"/> <input type="radio"/>	The line 3066m and the arcs are called lines of the circle and the areas surrounded by these lines including the lines themselves are called circles.	3
<input type="radio"/> <input type="radio"/>	Dotted lines are placed so that the distance between their outer edges and the outer edge of the circle line is 00. Each dotted line begins with a non-dotted part above the middle of the circle line, and the length of each non-dotted part is m. Between each non-dotted part and the end there is a space of length 300 mm.	4
<input type="radio"/> <input type="radio"/>	The posts and crossbar are white, and their cross-section is square, with a width of 50 mm and a depth of 75 mm.	5
<input type="radio"/> <input type="radio"/>	The goal consists of three vertical goalposts connected by a horizontal crossbar placed at the centre of the line on the outer marks.	6
<input type="radio"/> <input type="radio"/>	The side boards of the goal are placed on the ground at obtuse angles to the back line and fixed behind the goal posts without increasing their width.	7
<input type="radio"/> <input type="radio"/>	The goal backboards are placed on the ground at a 90 degree angle to the side board and parallel to the back line and fixed to the end of the side boards.	8
<input type="radio"/> <input type="radio"/>	The net must be installed in such a way that the ball cannot bounce.	9
<input type="radio"/> <input type="radio"/>	If the stadium flags are unbreakable they must be attached to a fixed base.	10
<input type="radio"/> <input type="radio"/>	A hockey stick is made of any material other than metal or metal components.	11
<input type="radio"/> <input type="radio"/>	The ball is made of any material and is white or any agreed upon colour that does not conflict with the colour of the players' clothing.	12
<input type="radio"/> <input type="radio"/>	The hockey ball must be solid and have a smooth surface but may have holes.	13
<input type="radio"/> <input type="radio"/>	14 The dimensions and sizes of the goalkeeper's hand guards and shinguards are measured with a measuring instrument according to the external dimensions and sizes provided.	
<input type="radio"/> <input type="radio"/>	15 Goalkeeper shin guard width 228mm max and length 355mm.	
<input type="radio"/> <input type="radio"/>	16 The maximum number of players per team is 11, including a goalkeeper, at any time during the match.	
<input type="radio"/> <input type="radio"/>	17 Mandatory trials as of January 1, 2019: The team has the option to play a player with goalkeeping privileges.	
<input type="radio"/> <input type="radio"/>	18 Each team may play with a goalkeeper wearing a different coloured shirt and protective equipment.	
<input type="radio"/> <input type="radio"/>	19 The field player who is guarding the goal is not allowed to wear a head protector for protection except when defending a penalty corner kick or a penalty kick.	
<input type="radio"/> <input type="radio"/>	20 If a team is playing with only one outfield player as a goalkeeper, no substitution is allowed until the penalty corner kick has been taken.	
<input type="radio"/> <input type="radio"/>	21 There is no maximum limit to the number of players allowed to be substituted at one time or the number of times a player is allowed to be substituted or replaced.	
<input type="radio"/> <input type="radio"/>	22 Players leaving the field of play for treatment, refreshments, a change of equipment or for any other reason other than a substitution are allowed to re-enter the field of play between the 33-metre lines on the side of the field used to make the substitution.	
<input type="radio"/> <input type="radio"/>	23 Players on or off the field are subject to the coach's authority throughout the match, including the rest period.	
<input type="radio"/> <input type="radio"/>	24 The coach is responsible for the behaviour of all players on his team and for ensuring that the substitution of players on his team is carried out correctly.	
<input type="radio"/> <input type="radio"/>	Field players are permitted, for medical reasons only, to wear a smooth, transparent or monochromatic face mask throughout the match that fits closely to the face.	25

Complete the questions on the next sheet.

-1-

Umayyad Assiut
Leah Physical Education
Question Room

Assiut University
Faculty of Physical Education

Kim 24 2024

Student Affairs

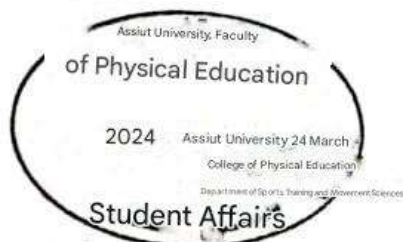
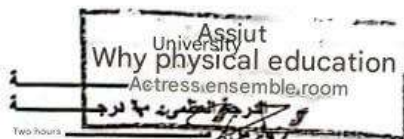
17 When a player stops after gaining possession of the ball in one set, the player has the right to move.			
All of the above are wrong.	C) Left foot	B) Any foot he wants	A) right foot	
18 If the player's rotation movement is in the direction of sight, it is called			
B) (D) and (C) together	C) Back support	B) Side anchor	A) Front fulcrum	
19 This defensive formation of zone defense is preferred in the fight for rebounds from the board.				
(2-1-2) (D)	(2-2) (C)	(2-3) (B)	(2-3) (A)	
20 Physical Traits That Improve Individual Defensive Performance in Basketball Because of the movements it requires, it is fast and variable.				
D agility	Balance C	B Compatibility	A force	
21 The person responsible for his supervision, using the dimensions of the defender controls the passing line between the ball and the attacker.				
(C) together	(B) (D)	Defense against shooting C	(D) Defense against the axis of the circle	A) Pass defense
22 Error (D) All of the above.	C) Change direction	B) Stop	A firmness and speed	
In defence...the defender allows the attacker to shoot from long distances and does not allow him to pass the ball to the attacker to an area with				
There is no correct answer D)	Mixed defense C)	are (Defense)	A man-to-man defense.	
24 D pieces	Control C in the body	position Defensive (B)	A) Reception	
25 D All of the above are wrong	Free foot movement....	Or it starts peacefully from the left side	When the player performs the shooting skill	
26 D All of the above are healthy.	Feet together C	left (B)	A right foot	
27 In advanced countries, proficient in foreign	we find that the trainer is well-informed and he updates himself in a foreign language and is constantly participating in			
D) The ambitious coach	The trainer is a talking trainer C	B Realistic coach	A hardworking coach	
28 A) (D) and (C) together The player uses a style of play that aims to distract the attention of the defending opponent.			
	C Interview	B offensive deception	A) Theoretical deception	
29 D All of the above are true	C diagonal move	B) Move to the side 29 defensive movement skills. Moving forward and backward. (A)	
30 Distracting the attention and movements of the defending opponent, and disrupting his balance until he is unable to seize the ball or follow it is...				
D) Stop	C) Offensive deception.	B) Anchor	A dialogue	
The questions are over.				

Best wishes for success

Prof. Dr. Engy Adel Metwally

Prof. Dr. Medhat Shawqi Toos





First semester final exam for handball training

For the academic year 2024/2025 AD

(20) points Q1: Choose the correct answer from the following:

1- While performing the whipping pass from the movement, the upper arm must be at an angle with the forearm:

C - List	B obtuse	A - sharp
----------	----------	-----------

2- You must master the skill of balanced when attacking the attacker in possession.

On the ball (braking) and not jumping unless it is related to shooting with a jump:

C - Defensive movements	b Attacking the ball's line of travel	A- Stop
-------------------------	---------------------------------------	---------

Symbolizes deception by aiming with the symbol

	for	
--	-----	--

- The handover between defenders is symbolized by the symbol:

	050-B	
--	-------	--

The central midfielder is represented by the symbol:

CR - C	B a	CB - i
--------	-----	--------

6- The right back player is represented by the symbol:

RB - c	for	MB - i
--------	-----	--------

The right winger is symbolized by: -v

RW - C	BB	LW - i
--------	----	--------

The player who defends on the right wing is player number: ^

3 c	2 b	1 - i
-----	-----	-------

The circle player is represented by the symbol: -9

CR - c	Pa	CB - i
--------	----	--------

10 - The duties of observation as a step in the methods of teaching handball have two parts:

C- A, B together	b of players to each other	From the coach to the players
------------------	----------------------------	-------------------------------

{ 1 }

there is a gap between the defenders within the boundaries of the circle area. 11 - Shooting is used when

Goal:

c. Air target	B long jump shooting	A- High jump shooting
---------------	----------------------	-----------------------

12 - Correcting the player's mistakes when teaching him a new motor skill is:

C- A, B together	B from bottom to top	A- From top to bottom
------------------	----------------------	-----------------------

13 - In this step, the distinguished trainer appears, as the trainer with field experience can know

where the error occurs in performing the skill immediately upon seeing it:

C- Correcting errors	B - Practice	A- Training
----------------------	--------------	-------------

They are the basis of development in handball:-14

C - Strength and endurance	B Reaction speed and force	A- Speed and speed endurance
----------------------------	----------------------------	------------------------------

15 - The quick attack is by one or two players:

C compound	B Attack from the centres	A- Simple
------------	---------------------------	-----------

It is applied by a collective attack by the attacking team, taking advantage-16

of the defenders' lack of proper organization:

C tactical blitz	B. Blitzkrieg Expanded Attack	A- Simple Blitzkrieg
------------------	-------------------------------	----------------------

succeed, the team players must have high physical fitness. 17 - For the wave to

Especially the element of speed and endurance in performance:

C third	B second	A- The first
---------	----------	--------------

18 - When preparing practically to implement it must include special preparation for the goalkeeper:

C. Fast compatibility	b- Fast serve throw	A - Shooting from the air
-----------------------	---------------------	---------------------------

line is a broken line marked 3 metres 19- The free throw

outside the goal area line:

C - 4 meter line	B - 6 meter line	A - 9 meter line
------------------	------------------	------------------

: 20 - The handball player is allowed to keep the ball for

C 5 seconds	B - 4 seconds	- 3 seconds
-------------	---------------	-------------

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Why physical education
Symphony room

Assiut University
College of Physical Education

201424

From 2: Shade the circle (A) in front of the correct statement number and the circle (B) in front of the incorrect statement number.

(40 degrees)

1- In handball, defensive training must include a high degree of intensity.

2- It is preferable that defensive training be done with the ball and immediately after warming up.

Receiving and passing skills are the basic foundation on which the rest of the offensive

skills are built.

- Defenders must quickly form a blocking wall, especially in the case of a serve.

E - The attacking team is allowed to replace the goalkeeper with a player, so that the number of attackers is 7 players.

6- Stopping the ball and passing it is considered a type of complex reception.

The circle player is considered the player who performs the most ball stopping skill.

After receiving the ball, the handball player is allowed to take 3 steps, then dribble, then

take 2 steps, then shoot at the goal.

9- The goalkeeper in handball is considered half of the team in terms of importance.

10- The team has the right to take two time-outs in the first half at minute 15 and minute 25,

and one time-out in the second half.

11- The player must maintain the speed and timing of running until he reaches just before the ball during
the points of the ball rolling from the front.

12- When performing the skill of catching the ball from the front, the feet must be open, and the foot opposite the side
of the ball must be behind it and the other parallel to the ball at the moment of catching it.

13- The handball team registered in the list for the match consists of 18 players.

14- The more muscle strength, the more resistance can be overcome, and thus the speed increases.

15- A simple blitz with one or two players is one of the types of blitz cases.

16- The extended blitz attack with one player is one of the types of attack situations.

17- Ending the attack, which involves searching for the most appropriate place to shoot at the goal.

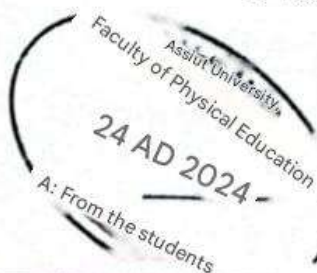
18- Attack cases in handball 7 cases.

19 - The third wave of attack must be applied immediately if the attacking team does not
succeed in using a simple or extended blitz.

20 - The attacking team applies the fourth attack condition if it cannot find a loophole within 20 seconds.

21 - The third wave in handball is the simple and extensive blitz.

22 - Move to the third third of the opposing team's field from the third wave stages.



- Intersections and exchanges of positions occur in the attacking team's half of the field. 23
- goalkeeper may participate in the attack during a tactical blitz. 24 The
- Continuous attacking prevents the opponent from changing players when they switch 25
- from attack to defense.
- practical preparation for the execution of the fast serve must include exercises for the players 26 The
- participating in the performance beyond the halfway line in the opponent's half of the court.
- 27- One of the important guidelines for executing the serve throw effectively is training players on the
- possibilities of plans in order to deal with the defensive variables of the opposing team.
- 2 - Passing in handball contributes to transferring speed to the best shooting positions on goal 28
- 29 - Pendulum scrolling is used for short and long distances.
- 30 - The pendulum swing gains its proper intensity as a result of the forearm flexing over the upper arm.
- 31- The dribbling skill is used when the attacker is alone with the ball and there is a large distance between
- him and the goalkeeper.
- 32- Player No. 3 is the player who defends the playmaker position.
- 33- The defender must constantly cooperate with the adjacent players using quick lateral
- movement.
- 34- Bouncing is used when the attacking player calms down the play.
- When the defender is free from the block at 6 meters, he moves forward and puts the attacker behind the
- defender's 35.
- 36 - In handball, there is a very important principle: the minority helps the majority.
- 37- It is preferable that defense exercises be conducted at the end of the training unit along the length of the field.
- The attacking player is allowed to shoot at the goal while touching the 9-meter line. 38
- 39- Defenders should do their best in attack and take breaks in defense.
- 40 - It is possible to correct two errors at the same time to help players focus.

The questions are over

Best wishes

Committee of Examiners

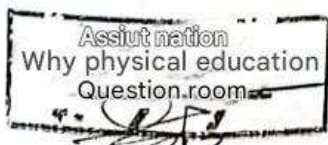
Prof. Dr. Amr Sayed Hassan

Prof. Dr. Medhat Shawky Tous

College of Physical Education

24 December 2024

What is the student?



Maximum degree: (140 degrees)

End of first semester exam
Academic year 2024/2025

College of Physical Education

Department of Sports Coaches and Computer Science

Exam date: 12/29/2024

(Kinesiology course exam)



(10 points)

Question 1: The most accurate term for the following statement: is moving in a direction, its momentum becomes the primary factor in maintaining its... 1 Once a body

Motor integration (D) | Balance (C) | Motion control (B) | Compatibility (A)

The force of friction has no effect (D) | Stop motion (C) | The movement continues at the same rate (B) | The movement is accelerating (A)

Due to its shortcomings, it generates unwanted force. Fixed or semi-fixed, the motion of objects | When bodies rotate around axes

Reaction force (D) | Frictional force (C) | Centrifugal force (S) | Internal strength (A)

Types..... The effective and resistive forces in a type of force and is divided into... | Given the axis of rotation with respect to the force

Four (D) | Two types (C) | Three (S) | Five (A)

Preparation, description, and diagnosis are the goal of providing details for treatment and behavior modification. | She is the one who begins

Comprehensive models (D) | General Models (C) | Animated models (B) | Note Form (A)

represents the basic for most human body movements.

Reaction as a force (D) | Reaction speed (C) | Reaction as movement (B) | Reaction (A)

What is the basic relationship that determines the weight of the movement?

The relationship between performance and resistance (B) | The relationship between force and speed (B) | The relationship between tension and relaxation (D)

The stage at which any of the three cycles of the biological rhythm tends to rise to reach the highest peak is

None of the above (D) | Critical stage (C) | Negative phase (B) | Positive stage (A)

affects the body mass in all cases, as it is external when a person performs sports movements

Gravity force (D) | Interfering force (C) | External force (B) | Internal force (A)

10 self-paced movements such as:

Javelin throw (D) | Serve in Tennis (C) | diving player (B) | Sail racing (A)

11 Ways to Measure the Volume of Motion Method.

Goniometer (D) | Kilometer (C) | Kinematic (B) | Centimeter (A)

And the moderate... Dividing it into three forms: balance, 12 The state of rotational equilibrium of any body can be

reciprocal repeat (D) | Positive and negative (C) | Compound and non-compound (B) | Fixed and unfixed (A)

An external phenomenon that can be observed through the motor coordination between the movements of different body parts during the path of the sports skill

Motion dynamics (D) | Flexibility of movement (C) | The body of movement (B) | Movement Prediction (A)

12 is considered

(D) Ad | (C) FS | (B) Fd | (A) Ud

13 After the motor causes, it indicates the efficiency of the

Digestive system (D) | Muscular system (C) | Motor nervous system (B) | respiratory and circulatory system (A)

Which of the following sports motor skills illustrates the nature of sequence and motor timing

Running a marathon (D) | Long jump from standing (C) | Weightlifting (B) | Shot put (A)

It occurs between two dry solid surfaces that are in contact and run parallel to the contact surface

static (D) | Dynamic (C) | Dry (B) | Inhibitor (A)

To fully describe it, you only need an algebraic statement of the weight, and its value may be positive or negative

Friction (D) | Non-vector quantities (C) | Strength (B) | Vector quantities (A)

Quantity of value where Newton's symbol is used

Connectivity strength (D) | Impact point (C) | Amount (B) | Influence line (A)

movement first, and then do each of those parts in relation to the movement or skill

Movement rhythm (D) | Kinetic weight (C) | Kinetic transmission (B) | Kinetic flow (A)

20 Know the parts of the

Interdisciplinary skills (D) | Open Skills (C) | Cohesive Skills (B) | Closed skills (A)

It is the one in which the player is affected by the audience, the referee, the coach, the stadium and the opposing team

Compatible (D) | equal (C) | smaller (B) | bigger (A)

22 Static friction is

Action sentence (D) | Repetitive motion (C) | Vehicle movement (B) | Single movements (A)

What is called harmony in the field of music

Nothing is wrong (D) | Axtonian (C) | Isotoluene (B) | Isometric (A)

This type of contraction is used to continue types of muscular work, especially when lifting any weight

Three movements (D) | Five movements (C) | Six movements (B) | Four movements (A)

25 The shoulder joint allows after

Time (D) | distance (C) | Speed (B) | Magazine (A)

Speed relative to time rate of change in

College of Physical Education

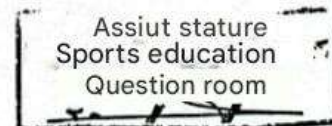
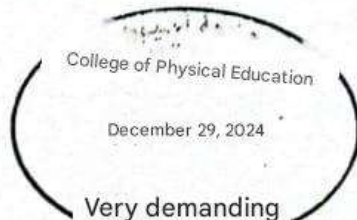
29 December 2024

Assiut
Physical Education
Balcony Questions

It is the relationship between linear momentum (M), mass (m) and velocity (v).				27
(D) $M = m \cdot v$	(C) $M = m + v$	(B) $M = m \times v$	(A) $M = m / v$	
Success and failure experiences (D)	Improve motor efficiency and diagnosis (C)	Understanding Muscular Structure Only (B)	Kinesiological analysis helps in	28
Specialisation through scientific planning based on sound scientific foundations	achieves access to the highest levels of sports in sports activity	Make random plans (A)		
Seasonal biological rhythm (D)	Morning style (C)	Masani pattern (B)	Monthly biological rhythm (A)	29
External determinants (D)	It is a gravitational force that affects the body mass in all cases as an external force when performing sports movements.			30
Internal forces (C)	Total strong (B)	External forces (A)		
Discrete skills (D)	Continuous skills (C)	Closed Skills (B)	Open Skills (A)	31
Influence line (D)	Amount (C)	Impact point (B)	32 Straight path passing through the point of impact	
Self-motor anticipation (D)	Motor expectation educator (C)	External motor anticipation (B)	Non-self-directed motor anticipation (A)	33
Infinite force of friction (D)	Kinetic friction value (C)	Final friction force (B)	Static friction value (A)	34
Motor achievement (B)	Motor transport (A)	Motor Behavior (B)	Motor duty (A)	
Final stage (D)	Primary stage (C)	Preliminary stage (B)	Main Stage (A)	37
Symmetrical plane and spatial motion (D)	Asymmetrical plane and spatial motion (C)	Plane motion (B)	Spatial motion (A)	
All of the above (D)	Reduce speed and increase friction (C)	Boost forward momentum (B)	Improve balance and stability during movement (A)	38
Handball jump shot (D)	Passing the ball in basketball (C)	Kicking the ball in football (B)	Basketball Dribbling (A)	39
Musical rhythm (D)	Kinetic flow (C)	Time rhythm (B)	Motion anticipation (A)	
(D) A, C	Cyclists (C)	Sailing boats (B)	Hostility (A)	43
Linear motion (D)	Plane motion (C)	Curvilinear motion (B)	Compound motion (A)	
Cardiac muscles (D)	Involuntary muscles (C)	Voluntary muscles (B)	Respiratory muscles (A)	45
Movement rhythm (D)	Motion anticipation (C)	Kinematic dimension of motor rhythm (A)	Dynamic dimension of motor rhythm (B)	46
Compound primer (D)	Recurring introductory (C)	Multi-stage preparatory stage (B)	Action sentence (A)	47
Repetitive motion (D)	Compound motion (C)	Single movement (B)	Action sentence (A)	48
Final stage (D)	Key Stage (C)	Preliminary stage (B)	Primary stage (A)	49
Shot put (D)	High Jump (C)	Javelin throw (B)	Barriers (A)	50
Friction force (D)	Strong reaction (B)	Strong anti (A)		51
Motion in a straight line (D)	Planar motion (B)	Spatial motion (A)		52
None of the above (D)	variable (C)	Movement (B)	Stiffness (A)	

53 It is possible to measure the flow rate objectively using special path meters.			
Multi-stage performance (D)	Motor performance (C)	Specific performance (B)	Job performance (A)
Generally, force produces three types of motion, which can be summarized as			
All of the above (D)	Rotary movement (C)	Linear motion (B)	Change in shape (A)
Analysis .. it includes principles and laws that help in understanding and accomplishing the movement.			
Motion analysis (D)			
Mechanical analysis (C)			
Physiological analysis (B)			
Comprehensive Analysis (A)			
56 The normal algebraic set can be used if the force acts along a single line and in			
one direction (D)	Reverse direction (C)	Same direction (B)	Two different directions (A)
Näherer triert "to regeren" an objective quantitative measure of kinetic flow with the help of a meter called a strobe scope that receives and records light traces in the year			
(D) 1709	(C) 1971	(B) 1881	(A) 1970
It is the main axis that kinematics seeks to study.			
Involuntary movements (D)	Reflex movements (C)	Voluntary movements (B)	Straight line Movements (A)
Vector quantities need only an algebraic statement of magnitude to be fully described, and their value may be			
None of the above (D)	Positive or negative (C)	Negative (B)	Positive (A)
It is a group of muscles that contain muscles that can contract statically to stabilize some contracting muscles.			
Stabilizer muscles (D)	Antagonist muscle (C)	Equivalent Muscles (B)	Compound muscle (A)

80) degrees		Question 2: Put a check mark (A) in front of the correct answer and a checkmark (B) in front of the incorrect answer from the following:
()	()	defect in the body points that affects the accepted path results in deducting points. Therefore, setting the goal is the basis and starting point. Any
()	()	Visual recording of motor performance cannot be relied upon for analysis.
()	()	The transitional motion is a curved line during which the body moves in a path, the medial bodies in the motion, and the medial bodies in the motion.
()	()	The goal based on the performance result, which is covering a distance in a given time or throwing an object the furthest distance, and this is known as back and field competition.
()	()	When performing a throw-in, a movement is transferred from the arm to the trunk to achieve the goal of the movement.
()	()	There are some sports where technical specifications may not be implemented accurately because the goal is the final result such as kicking in football.
()	()	Simple translational motion requires frictional force, which is why the shoes you wear are designed to have adequate frictional force between them and the supporting surface.
()	()	Descriptive kinematic analysis has great importance in the early period, not only in the educational field, but also in the field of high-level sports.
()	()	10) The measure of the force of movement is the size of the force impulse. This impulse is developed during the movement path and can be determined using dynamic graphic methods.
()	()	11) The movement of an object depends on the ratio of the amount of force to the amount of resistance.
()	()	There are seven factors responsible for balance or stability.
()	()	The main stage in motor construction is responsible for achieving the mechanical goal of motor performance.
()	()	The movements allowed by the shoulder joint are: flexion of the humerus on the trunk, extension of the humerus on the trunk, adduction of the humerus on the trunk, and abduction of the humerus on the trunk.
()	()	16) Planning the analysis does not affect the accuracy of the results that can be obtained.
()	()	19) Research point movement and sports skills, whether known (technical aspects of performance or performance defects) or to compare performance with theoretical curves.
()	()	Skill is the result or outcome of the conflict or integration of a group of factors that represent a unit.
()	()	Cinematography and video presentation are not considered important, basic and common means in the field of evaluating various sports movements.
()	()	19) Atmospheric pressure is one of the factors responsible for the balance and stability of the joint.
()	()	20) Once the body reaches a stable position, the imbalance occurs as a result of the movement of any of its parts.
()	()	21) Voluntary movement is the focus that kinematics seeks to study.
()	()	The force of motion is the magnitude of the force impulse and this impulse is developed along the motion path and can be determined using dynamic graphic methods.
()	()	22) Compound and free movements. A movement in which a combination of single movements is repeated with the addition of a definite positive movement at equal time intervals.
()	()	24) Qualitative analysis in kinematics relies on numerical measurements.
()	()	Circular motion requires a centripetal force to maintain its path.
()	()	26) The term power is used to express the force characterized by speed, and the correct meaning of power is the product of force and speed.
()	()	27) Classification of sports skills is the process of collecting similar and dissimilar skills and placing them in a general classification.
()	()	28) There are some sports in which technical specifications may not be adhered to and implemented accurately because the goal is the final result, such as kicking in football.
()	()	29) Psychological determinants contribute to influencing skill performance, whether negatively or positively.
()	()	Closed skills are skills that can be performed with any element of the competitive environment.
()	()	31) Observation depends on the analytical structure of the skill that can be relied upon.
()	()	The goal related to the result results in some damages such as causing players to drop out of one sport or another due to lack of interest when trying to achieve the goal.
()	()	Skill is the ability to perform a task or activity with ease, accuracy, and economy of effort. (33)



()	34) When the joint angle changes as a result of movement under the influence of muscle contraction, the direction of the tendon does not change.
()	35) The observation process includes the ability to identify characteristics and specifications.
()	36) Technical determinants are very precise determinants, supporting reaching the precision of the distance between the arms or feet and the direction of the combi. For example.
()	37) Skill is the essence of performance that is characterized by achievement and a relatively small amount of effort.
()	38) The beauty of movement is considered an internal phenomenon that can be observed through the resonant coordination between the movements of the different parts of the body during the movement path.
()	39) Operations are the relationships of body parts to each other, and this is known in gymnastics or diving.
()	40) Motor skills are the basic movements of the joints, and the nature of the skill is a component of nerve signals.
()	41) The relative motion of any body is considered to be the relative velocity in space.
()	42) If an external force affects a body that is in contact with another body, the action of the other body appears in the form of a frictional force that supports the body's sliding.
()	43) When the body is in a state of equilibrium, it is easier to analyze the state than it is in a state of motion.
()	(11) There are two main types of mathematical skill classification systems: one-dimensional classification and two-dimensional classification.
()	40) Force occurs as a result of one or more of the three main influences.
()	16) Physiological methods cannot be used to measure movement strength objectively (electromyography).
()	47) The quantitative method aims to measure motor performance in relation to scientific principles and laws.
()	48) Outcome evaluation is carried out in cases where an individual's performance is expressed in the form of tangible outcomes that are estimated.
()	1) Fluidity appears in the dynamics of movement in changing muscle tension, as sudden muscle tension eliminates the period between the lateral and maximal tension.
()	52) Point of influence means the straight path passing through the point of influence and an extension of the line of influence.
()	51) Stress energy is defined as the ability of a body or object to do work when it is subjected to stress, whether by twisting, stretching, or pressure.
()	Increasing the torque or friction compound in the direction of stopping the movement is one of the main objectives of the rear foot. (2)
()	53) Observation skills include identifying the characteristics and specifications related to the subject of observation.
()	The probabilities of solutions faced by a chess player and a football player are equal. (1)
()	The relationship between processes (procedures) and results (outputs) is a reciprocal relationship.
()	56) Force is characterized by three elements: magnitude, point of action, and direction.
()	57) Kinematics is the movement or rotation of a body or one of its parts from one place to another in a specific time as a result of specific forces.
()	58) The vertical distance between the axis of rotation and the line of action of the force is called the arm of the flag and is symbolized by the symbol r .
()	59) The aim of analysis is to simplify phenomena in order to understand them better.
()	60) Bones are made up of organic elements that give bones flexibility, and inorganic elements that are responsible for the hardness of the bones in the body.
()	6) The natural contact force always acts at a right angle to the contact surface.
()	One of the skills in which the individual is steady and the goal is steady is the safe shot in basketball. (2)
()	63) Communication skills require the ability to re-evaluate information accurately and re-clarify it.
()	The center of gravity in the human body is fixed and does not change its location during movement. (14)
()	65) The direction of the force used to push or pull can greatly determine the amount of frictional resistance.
()	(1) The European school of kinesiology focuses only on biomechanics.
()	67) Direction means the path of the force, whether it is horizontal, vertical, or at a specific angle of inclination.
()	68) The dynamic dimension of the movement rhythm is the aspect that is considered to be the path of exerting speed in its various dynamic forms during the stages of movement.
()	(10) The longitudinal axis is viewed as an axis running along the length of the body, penetrating it from top to bottom, from the top of the head to between the heels.
()	70) The beauty of movement is an internal phenomenon that can be observed through the kinetic harmony between the movements of the different parts of the body.
()	71) Rotation around the axis passing through its state connected to the Earth's surface is done through the position in which it was parallel.
()	72) The body, when suspended, takes the position that makes the center of gravity close to the base of support.
()	73) Efficiency signifies the efficiency, which is represented by identifying the input and output, then comparing the outputs with the inputs, as the difference between them determines the amount of efficiency.
()	74) In 1982, Menger classified skills according to the body parts involved and the duration of the skill only.
()	(10) The line of influence means the straight path passing through the point of influence and an extension of the line of influence, which is called the line of force.
()	76) Kilogram analysis workers do not look at the experts' evaluation of mathematical skills.
()	(77) Artificial intelligence is used in kinesiology to analyze movement patterns and improve athletic performance.
()	78) The external factors that determine the type of movement are psychological factors, biological factors, mechanical factors, and anthropometric factors.
()	79) Careful observation of motor performance is an essential skill for analysis.
()	(100) Biological rhythm is represented by the physical, mental and psychological state of the individual.

Committee of Examiners

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