

Physical Education and Health
(elective course)

*Methodical instructions for individual work of students
of the IVcourse in specialty 221 "Dentistry"*

**MINISTRY OF HEALTH OF UKRAINE
Kharkiv National Medical University**

Department of Physical Education and Health

**METHODICAL INSTRUCTIONS FOR
INDIVIDUAL WORK IN THE DISCIPLINE**

**"Physical education and health"
for IV year students
in specialty 221 "Dentistry"**

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Methodical instructions for individual work in the discipline "Physical Education and Health" for fourth-year students in the specialty 221 "Dentistry" English language
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Topic 1
History of the origin and development of basketball in the world
and in Ukraine. Ukrainian basketball at the present stage.
(6 hours)

Topicality. In modern life, the increasing use of exercise is not aimed at achieving high results, but to increase their health impact on the general population. The most effective means to solve such a global problem are, first of all, sports games. Basketball is one of the means of physical development and education of youth.

Purpose. Have an idea of the essence of the game, information about its origin and development, stages of game development, the current state of the game, its trends and ways of further development. The main milestones in the development of basketball in Ukraine, the history of professional sports, its impact on the development of the game. Analysis of the results of the performance of Ukrainian teams. Basketball competitions, the evolution of rules.

Tasks for individual work
in preparation for the lesson

Theoretical questions

1. Stages of game development
2. The spread of basketball in the world
3. The role and place of basketball in the development of sports games in Ukraine.
4. Outstanding Ukrainian basketball players of today
5. The evolution of rules.

Test tasks

- 1 In what country did basketball originate?
A England
B Canada
C the United States
D Mexico
2. In what year did basketball appear?
A 1891
B 1991
C 1881
D 1892
3. Which university invented basketball?
A in Springfield
B in California

- C in Texas*
D in Boston
4. What was the name of the inventor of the game of basketball?
A James Naismith
B James Jordan
C James Morgan
D James Springfield
5. How many points did the first rules of basketball contain?
A 13
B 14
C 15
D 16
6. In what year was the first official basketball match held?
A 1891
B 1892
C 1901
D 1907
7. What was the name of the ancient Aztec game that became the prototype of modern basketball?
A Rock and roll
B duck-on-a-rock
C Tik-Tok
D Pok-ta-pok
8. When was basketball officially included in the Olympic program?
A 1932
B 1936
C 1956
D 1960
9. What is the name of the strongest basketball tournament in Ukraine?
A Extra League
B Major League
C Super League
D Premier League
10. Яка сумарна кількість гравців обох команд може одночасно знаходитися на майданчику під час гри?
A 6
B 8
C 10
D 12

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Topic 2

The concept of game technique. Basic rules of the game. Rules of basketball competitions. (8 hours)

Topicality. Learning the techniques of playing attack and defense, depending on the situation, is the end of training students to play basketball.

Purpose. Mastering the basic techniques of the game in attack and defense in basketball.

Tasks for individual work in preparation for the lesson

Theoretical questions

1. Define the concept of techniques in basketball.
2. How are the techniques performed in basketball.
3. Factors that determine the improvement of techniques.
4. Methods and tools used to improve techniques.

Test tasks

1. How long is one period in basketball according to FIBA rules?

A 8

B 10

- C 12
D 20
2. How many periods does a game of basketball last?
A 2
B 4
B 6
Γ 8
3. The team loses the game "disqualification" if ...?
A *Fifteen (15) minutes after the start time of the game specified in the schedule, the team is absent or unable to field five (5) players who are ready to play.*
B *by its actions it interferes with the game*
C *she refuses to play after being instructed by the senior referee to start the game*
D *all answers are correct*
4. How many points does the team receive in the standings for winning?
A 1
B 2
C 3
5. How many substitutions can be made in basketball during the game?
A 3
B 5
C *3 substitutions in each period*
D *The number of substitutions is not limited*
6. What is the name of the interruption of the game at the request of the coach or assistant coach?
A *Timeout*
B *Out*
C *Foul*
D *Substitute*
7. What actions of the player are not dribbling?
A *accidental loss of the ball at the beginning or end of the dribbling*
B *knocking the ball out of the control of another player*
C *interrupting the transfer and establishing control over the ball*
D *All answers are correct*
8. What is the forbidden movement of one or both feet in any direction when the player holds a "live" ball on the court?
A *Double dribble*
B *Travelling*
C *Jump ball*
D *Foul*

9. How many seconds in a row does a player have the right to stay in the opponent's restricted area when his team controls the "live" ball in the front zone and the game clock is on?

- A 3
- B 4
- C 5
- D 6

10. How many seconds does the team have to attack the opponent's basket?

- A 20
- B 24
- C 30
- D *Time is unlimited*

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Topic 3

Rules for injury prevention in basketball lessons and competitions. Body hygiene, clothing, fitness, daily routine. Rational nutrition of athletes. Bad habits and their negative impact on achievements in sports (6 hours)

Topicality. One of the main tasks of a physical education teacher is to prevent or at least minimize the injuries of students during physical exercises. This problem is solved, as a rule, by a wide range of various measures that make up the content of safety during the organization and conduct of controlled and independent forms of exercise..

Purpose. To give students an idea of the basic safety measures and rules to avoid injuries in basketball lessons and competitions.

Tasks for individual work in preparation for the lesson

Theoretical questions

1. Characteristics of injuries in basketball lessons and first aid for them.
2. Causes of injuries in basketball lessons
3. Measures to prevent injuries in basketball lessons
4. Learning the techniques of self-insurance.

Test tasks

1. How to place regular and extracurricular forms of basketball in a weekly cycle in order to avoid injury?
 - A Rational
 - B Optional
 - C Arbitrarily
 - D Remotely
2. What is the method of gradual increase and complication of physical activity?
 - A Availability
 - B Sequences
 - C Visibility
3. What kind of activity precedes the basic exercises?
 - A Warm-up
 - B Hitch
 - C Line up
4. Name the main purpose of hygiene
 - A Study of the state of the environment
 - B Forecasting the sanitary situation for the future
 - C Preserving and promoting human health
5. Indicate the main ways to achieve the main goal of hygiene:

A Preservation and increase of resistance of an organism to adverse factors of environment and protection and improvement of environment

B Study of the state of the environment and the state of health of the population

C The study of the etiology and pathogenesis of diseases

6. Define the concept of "nutrition":

A To ensure maximum effect, the diet should be balanced in terms of the content of different foods;

B This is a properly organized timely supply of nutritious food, which contains the optimal amount of various nutrients that are necessary for life, growth and development of the body, to promote health and improve human performance;

C The diet should be followed, which is determined by the consumption of food at strictly defined hours of the day;

D Food should be pleasant to the taste, have a good aroma and appearance and be consumed in favorable conditions.

7. For the prevention of bacterial poisoning it is necessary to strictly follow the following rules, except:

A Do not touch the finished products with your hands, but use cutlery;

B Do not buy unmarked meat and fish on the market; unpasteurized milk must be boiled;

C Discard in "cotton" cans (with inflated lid);

D All answers are correct.

8. What is the importance of proper nutrition, food intake at a strictly defined time?

A Maintain the produced reflex to secrete active gastric juice;

B Since it is important to adhere to the presence of all mineral elements in the required amount and in strict proportions;

C order to ensure a ratio of proteins, fats and carbohydrates of about 1: 1,2: 4;

D For the prevention of bacterial poisoning.

9. Ethanol is a completely foreign substance to the human body

A Yes

B No

10. The vast majority of alcohol is concentrated in the brain and kidneys

A Yes

B No

Literature

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Topic 4

General and special physical training in basketball. The importance of general and special physical training in basketball. (8 hours)

Topicality. General physical training is the basis for the development of special motor skills that are necessary for successful mastery of the techniques of playing basketball.

Special physical training plays a leading role in the formation of the player's motor abilities and is directly dependent on the characteristics of technique, game tactics, indicators of competitive load and mental tension. A high level of special physical training is an important factor in the psychological state, namely - gives confidence in the fight, promotes the manifestation of high willpower in extreme conditions..

Purpose. Mastering the general preparatory physical exercises of a basketball player. To acquaint with the basic means and methods of development of special physical qualities of the basketball player under the influence of special preparatory exercises.

Tasks for individual work in preparation for the lesson

Theoretical questions

1. The concept of "general physical exercises of a basketball player"
2. Mastering various general preparatory exercises of a basketball player
3. Have an idea of the concept of special physical qualities of a basketball player: "strength", "endurance", "speed", "jumping", "agility"
- 4 Mastering the special preparatory exercises of a basketball player

Test tasks

- 1 According to the mode of muscle exercises are divided into
 - A *static, dynamic, mixed*
 - B *adynamic, dynamic, divergent*
 - C *synchronous, asynchronous*
 - D *slow, fast*
- 2 What methods of strength development are used in the training of basketball players?
 - A *To failure*
 - B *Dynamic effort*
 - C *Isometric*
 - D *Maximum repetitions*
- 3 What is the percentage of resistance from the maximum possible inherent in the use of the maximum effort method?
 - A *60-65%*
 - B *70-75%*
 - C *80-85%*
 - D *85-90%*
- 4 Which of the following concepts of "speed force" is the most correct?
 - A *it is a manifestation of power abilities for 1 s;*
 - B *It would be a manifestation of strength in the minimum period of time for these conditions;*
 - C *This is a manifestation of power in high-speed movements*
 - D *it is a manifestation of strength in jumping.*
- 5 Students perform exercises with alternating all methods of strength development for the same muscle groups in a circle. Which method is used?
 - A *circuit training*
 - B *combined method;*

C the plyometric method;

6 What exercises can be used to develop speed?

A jerk run

B used back to front

C running with a high rise of the knees

D All listed

7 The ability to resist fatigue in any activity is called ...?

A Endurance

B Strength

C Sustainability

D Flexibility

8 Endurance during prolonged work of moderate intensity, which includes the functioning of the entire muscular system is called...?

A Overall endurance

B Special endurance

C Static Endurance

D Dynamic endurance

9 With the development of general endurance, the intensity of exercise should be:

A 40-50%;

B 51-74%;

C 75-85%;

D 86-95%

10 The most productive work for the development of aerobic endurance (the most intense growth of MSCs) occurs at heart rate abbreviations:

A 150-160 beats / min;

B 170-180 beats / min;

C 185-195 beats / min;

D more than 200 beats / min.

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Topic 5

Features of ZFP and SFP, the characteristic of means for development of physical qualities (force, speed and speed-power, dexterity, endurance, flexibility) in basketball.

(6 hours)

Topicality. Performing exercises to master speed - strength qualities in playing sports contribute to the development of a variety of coordination of movements, which have further applied value in the future activities of medical students.

Purpose. Mastering the basic means of developing speed and power qualities and control over the implementation of technical elements.

Tasks for individual work in preparation for the lesson

Theoretical questions

1. Methods and tools used to improve speed and power qualities.
2. Evaluation of control of technical elements
3. What is "speed and power qualities"?

Test tasks

- 1 The tasks aimed at the development of speed and power qualities include
 - A *100 jumps over a skipping rope*
 - B *45 times for 1 minute of lifting the torso with v.p. - lying on the floor*
 - C *5 throws of a basketball in 10 seconds*

- D 2000 m run in 12 minutes*
- 2 Tasks aimed at developing flexibility include
- A Lifting the torso with v.p. - lying on the floor - 45 times in 1 minute*
 - B 20 leans forward in 2 minutes*
 - C 100 jumps over a skipping rope in 45 seconds*
- 3 The Ruffier test can be used to determine
- A The level of functional state of the cardiovascular system*
 - B The level of functional state of the nervous system*
 - C The level of functional state of the respiratory system*
 - D Level of physical development*
- 4 The Kettle index can be used to determine
- A Level of functional state of the nervous system*
 - B The level of functional state of the respiratory system*
 - C the level of the functional state of the cardiovascular system*
 - D Level of physical development*
- 5 Endurance to a certain motor activity, chosen as a sports specialization or professional work is called:
- A special endurance;*
 - B anaerobic endurance;*
 - C specific endurance;*
 - D aerobic endurance.*
- 6 Endurance to certain qualitative aspects of human motor abilities is called:
- A special endurance;*
 - B speed and power endurance;*
 - C anaerobic endurance.*
 - D specific endurance;*
- 7 The most informative indicator of aerobic endurance is:
- A heart rate;*
 - B threshold of anaerobic metabolism (PANO);*
 - C maximum oxygen consumption (MSC).*
 - D minute tidal volume;*
- 8 Which of the following concepts of "flexibility" is the most correct?
- A this is a genetically determined in the development of the ability of the musculoskeletal system of man, which allows you to perform exercises with maximum amplitude; determine the degree of mobility of its parts;*

B would be a person's ability to perform movements with a large amplitude;

C This is the morphofunctional properties of the musculoskeletal system, which

D is a genetically determined in the development of the ability to perform movements with a certain amplitude.

9 On the basis of muscle function, the ability to flexibility is classified as:

A absolute, relative;

B active, passive;

C dynamic, static;

D general, partial.

10 The main method of developing the ability to be flexible is:

A method of repeated efforts;

B variable method;

C the method of static forces.

D repeated method;

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Topic 6
Varieties of techniques in basketball ..
(8 hours)

Topicality. The tendency to increase the speed of game actions, activating actions in defense has sharply increased the requirements for the technical equipment of basketball players and the quality of performance of their techniques. High sports results in basketball can be shown only on the basis of comprehensive technical training of athletes

Purpose. have modern techniques and be able to apply them in different conditions;

Tasks for individual work
in preparation for the lesson

Theoretical questions

1. Define the concept of "basketball player's rack" and "basketball player's movement".
2. How the player is moved around the basketball court.
3. The use of racks and movements in the game.

Test tasks

1 What is the type of stop called when a player during a run before a stop lengthens a step and, having performed the second step, acquires a stable position?

- A *Two steps*
- B *Jump*
- C *Stop sideways*
- D *Main stop*

2 To perform this type of stop while running, you need to push off with one or two feet, making a low jump back and forth, and land on two feet in a stable position.

- A *Two steps*
- B *Jump*
- C *Stop sideways*
- D *Main stop*

3 What technical element is used to avoid active burns of the opponent during the stop in order to hide the ball from the opponent or for distractions with the subsequent attack of the basket.

- A *Turn*
- B *Jump*
- C *Sprint*

D Squats

4 Reception by which the player directs the ball to a partner to continue the attack.

A Throw

B Transfer

C Dribbling

5 Reception that allows the player to move the ball on the court with a wide range of speeds and in any direction

A Throw

B Transfer

C Management

D Travelling

6 Which throw is used most often to attack the basket in motion at close range and directly from under the shield

A Throw with one hand from above in motion

B Throw with both hands from above in motion

C the free throw

D Three-point shot

7 Which throw is made after violating the rules of the game?

A Technical throw

B Free throw

C the free throw

D Two-point shot

8 A technique by which a player can confidently take possession of the ball and take further offensive action with it.

A Throw

B Used Catching

C Travelling

D Transfer

9 What kind of throw do center players use to attack the ring from close and medium distances with the active counteraction of a tall defender

A Hook with one hand

B Used with one hand from below

C One hand from the shoulder

D Hook with both hands

10 What kind of throw is the main means of attack in modern basketball?

- A *One hand on top in a jump*
- B *With both hands on top*
- C *One hand out of place*
- D *With both hands from below*

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Topic 7

The value of technique and tactics in basketball (6 hours)

Topicality. Learning tactics in attack and defense, depending on the situation, is the end of teaching students to play basketball

Purpose. Mastering the basic techniques of attacking and defending in basketball

Tasks for individual work in preparation for the lesson

Theoretical questions

1. Define the concept of tactics in basketball
2. How to perform tactics in basketball
3. Factors that determine the improvement of tactics.
4. Methods and tools used to improve tactics.

Test tasks

- 1 What is the alternative name for the role of "playing defender"?

- A *Shooter*
- B *Playmaker*
- C *Point Guard*

- D Center forward*
- 2 What is the role of the tallest player on the court?
- A Playmaker*
 - B Forward*
 - C Heavy forward*
 - D Center*
- 3 Where does the center usually attack the ring?
- A From under the rings*
 - B From the center of the site*
 - C the corner of the site*
 - D All answers are correct*
- 4 What specific physical quality is affected by the high jump exercise?
- A Starting speed*
 - B Coordination dexterity*
 - C Absolute jumping*
 - D Remote speed*
- 5 What specific physical quality is affected by the exercise "multiple removal of the shield (grid) for a 15-second period of time"?
- A Serial jump*
 - B Absolute jumping*
 - C Remote speed*
 - D Starting speed*
- 6 The reaction of prediction, guessing in advance, predicting events is...?
- A Selection reaction*
 - B Sense of space*
 - C Sense of Time*
 - D Anticipatory reaction*
- 7 Significant role in mastering the techniques plays...?
- A Specific*
 - B Circuit training*
 - C Ideomotor training*
 - D Systematic training*
- 8 At what age is the stage of choosing a game specialization determined?
- A 12-13 years*
 - B 13-14 years*
 - C 14-15 years*

D 15-16 years

9 What is the name of the type of protection, which is characterized by a 3x2 layout?

- A Mixed*
- B Used Personal*
- C Pressing*
- D Zone*

10 Tactical actions in an attack happen

- A Individual*
- B Group*
- C the Team*
- D All answers are correct*

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Topic 8

**The value of technical and tactical training at the stages of long-term training in basketball
(8 hours)**

Topicality. Learning tactics in attack and defense, depending on the situation, is the end of teaching students to play basketball

Purpose. Create an idea of the basic values of technical and tactical training, attacking and defense in basketball

Tasks for individual work in preparation for the lesson

Theoretical questions

1. Criteria of technical readiness of basketball players at the stage of preliminary basic training
2. Characteristics of the stage of diagnostics of complex control of basketball players at the stage of preliminary basic training
3. Characteristics of the correction stage in the algorithm of complex control of basketball players at the stage of preliminary basic training
4. Integral assessments of indicators of special physical and technical fitness of basketball players at the stage of the previous basic training

Test tasks

- 1 Technical training of a basketball player is...?

A set of actions that allow you to most successfully solve specific competitive problems

B would be a set of techniques that allow you to most successfully solve specific competitive problems

C a set of techniques that do not allow the most successful in solving specific competitive problems

- 2 Basketball tactics are divided into two major sections -...?

A tactic of attack

B Used defense tactics

C midfield tactics

D tactics of midfield

- 3 Attack tactics involve

A creation of conditions for throwing the ball into the basket by one of the team's players

B Would create conditions for the protection of the ring

C creating conditions for not breaking the rules

- 4 Defense tactics aim

A warning or maximizing the hit of the ball in the basket.

B involves creating conditions for throwing the ball into the basket by one of the team's players

C To prevent or minimize the ball from hitting the basket.

- 5 What is included in the attack technique?

A technique of movement

B technique of ball possession

C protection techniques

6 What is included in the technique of movement?

A walk

B Used to run

C the jumps

D All answers are correct

7 What is the technique of ball possession?

A catch

B transmission

C throws

D all the answers are correct

8 The feint is

A technique by which a player tries to show his main actions to an opponent

B a technique by which a player tries to hide his main actions from an opponent

C the reception of catching the ball

D receiving the ball

9 What is included in protection technology?

A technique of movement

B technique of counteracting and mastering the ball

C All answers are correct

10 During basketball defense is used

A Zone protection

B personal protection

C the top protection of the ring

D special protection

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Topic 9
Organization and holding of basketball competitions. Behavior during competitions
(6 hours)

Topicality. Competition is an important part of the organization of sports work. During their carrying out check consequences of educational work, its technique, the maintenance and pedagogical skill of teachers.

Purpose. Sports competitions are held in order to identify the strongest in a particular sport, as well as the distribution of participants in places according to the results of their competitive activities. They are held both among highly qualified athletes and among those who play sports for health.

Tasks for individual work
in preparation for the lesson

Theoretical questions

1. How is the number of game calendar days in basketball competitions determined?
2. What systems of competitions do you know
3. How to evaluate the results of the competition?
4. List the draw systems and their features

Test tasks

1 The dimensions of the basketball court are

A 28x15 m

B 40x20 m

C 30x40 m

D 18x9 m

2 The height to the basket from the surface of the basketball court is:

A 0.75 m

B 3.05 m

C 5.10 m

D 1.95

3 In basketball, to get a minute break in the game, the team coach must contact:

- A *Secretary*
- B *Judges in the field*
- C *The Senior Judge*
- D *No need to ask anyone*

4 According to the rules of basketball competitions, if two teams appear in the game in the same form, the players of the team must change their form:

- A *To be determined by the Chief Judge*
- B *Which is on the schedule first*
- C *Which is scheduled second*
- D *Which is determined by lot*

5 How many basketball referees serve the game on the court?

- A *1 judge*
- B *3 judges*
- C *5 judges*
- D *6 judges*

6 What is the name of the main normative and administrative document that regulates the relationship between the leading organization, judges and participants of the competition and on the basis of which the competition is held?

- A *Games Calendar*
- B *Charter of the competition*
- C *Game Rules*
- D *Regulations of the competition*

7 What is the name of the form of organization, when competitions are held, as a rule, once a year, and their purpose is to determine the level of development of the sport, summarizing the results of educational and sports activities.

- A *Championships*
- B *Competitions*
- C *the Championship*
- D *Friendly meetings*

8 What is the name of the draw system when each team plays with each other?

- A *Angular*
- B *Circle*
- C *the Olympic*
- D *Mixed*

9 What is the name of the draw system when a team stops competing after a defeat?

- A *Combined*
- B *Tough*
- C *Circle*
- D *Olympic*

10 The duties of the Chief Basketball Referee are...?

- A *Organizes and supervises the work of brigade judges*
- B *The Referee throws the ball in the center at the beginning of the game*
- C *Sigs the protocol after the game*
- D *All answers are correct*

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Topic 10
Refereeing in basketball. Gestures of judges
(8 hours)

Topicality. In the process of competitive activity in any game sport, a significant role is given to the judge. The judge's activity during the competition can be considered as a pedagogical process of managing two sports teams, the success of which depends on understanding the content of wrestling, the correct interpretation of the rules of the competition, as well as the appropriate level of physical and mental fitness of judges.

Purpose. Get acquainted with the basic rules of sports games and methods of the referee. Introduction to competition systems.

Tasks for individual work
in preparation for the lesson

Theoretical questions

1. What are the rights and responsibilities of the chief basketball referee?
2. How is the calendar of sports competitions made?
3. Rules of the game related to the time of the game (halves, breaks, extra time, 3, 5, 6, 12, 14, 24 s).
4. Rules related to fouls (team, personal, technical, non-sporting, disqualification, mutual).

Test tasks

1 A basketball player has a limit of personal fouls during one game. After receiving how many fouls, he is no longer eligible to participate in the game?

- A 3 fouls
- B 4 fouls
- C 5 fouls
- D 6 fouls

2 How is a technical foul punished?

- A *Disqualification of a player who has received a technical foul*
- B *Punching two free throws*
- C *Punching one free throw and possession of the ball*
- D *Punching two free throws and possession of the ball*

3 What gesture of the referee stops the game clock?

- A *Raised hand with open palm*
- B *Fist raised up*
- C *Two hands raised up with open palms*
- D *Thumb up*

4 What gesture of the arbitrator announces the replacement?

- A Movement with open palm to himself*
- B Two fists crossed over his head*
- C The arms are crossed in front of the chest*
- D Halfturn with open palm*

5 The arbitrator makes a circular rotation with his fists in front of his chest.

What violation does this indicate?

- A Travelling*
- B Double dribble*
- C Out*
- D Foul*

6 The referee raises his hand, palm clenched into a fist. What violation does this indicate?

- A Technical remark of the player on the bench*
- B Personal remarks of the coach*
- C personal remark to the attacking player*
- D Personal remark to the player in defense*

7 The referee shows the gesture "Palm and finger form the letter" T ""

- A Technical foul by the coach*
- B End of game time period*
- C Timeout*
- D Violation of the "24 seconds" rule*

8 The referee places his fist parallel to the sideline.

- A Foul by a team that does not control me*
- B Foul of the team controlling me*
- C the direction of the next attack*
- D Controversial throw*

9 The two open palms forming the letter "T" mean...?

- A Timeout*
- B Technical foul*
- C Technical timeout*
- D There is no such gesture*

10 Raised fists mean

- A Personal foul*
- B Unsportsmanlike foul*
- C Notify the end of playing time*
- D Disqualifying foul*

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