

Basketball Study Guide

History of the Activity

Basketball was invented in 1891 by James Naismith who wrote the sport's original 13 rules as part of a class assignment at the YMCA training school in Springfield, Massachusetts. The game was introduced in YMCA's across America and other foreign countries. It became a part of the Olympic Games in 1936.

Objective of the Activity (Scoring system)

Basketball is simply a game of keep-away with the additional challenge of trying to shoot the ball into the basket. The game starts with a jump ball in the center circle between two opponents. Once a player stops their dribble, they have two choices: pass to a teammate or shoot.

Scoring

A made basket is worth two points.

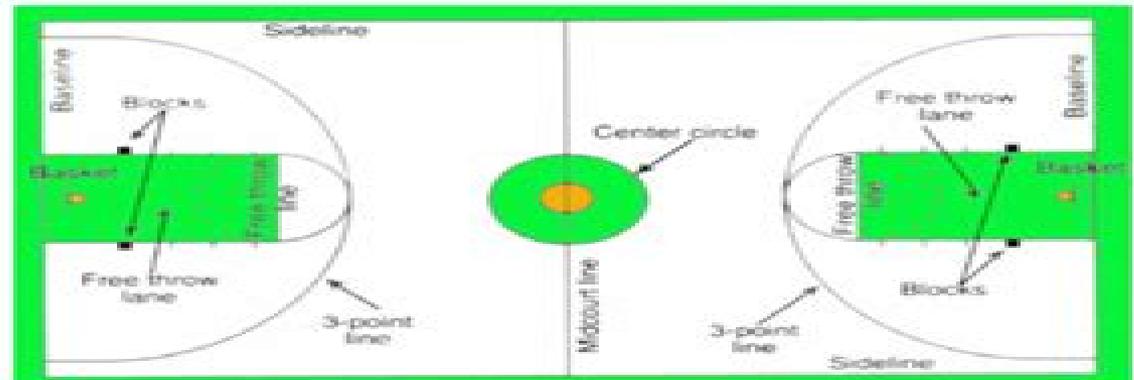
A free throw is worth one point.

A shot behind the three point arc is worth three points.

After a basket is made, the other team puts the ball into play from out of bounds under the basket. The offensive team has five seconds to put the ball in play.

Equipment/Playing surface

Most basketball courts are made from hardwood, which provides a smooth, unobstructed surface and a consistent bounce.



Players/Positions/Skills

Each team will have five players on the floor at one time. There are usually two guards, two forwards and one center.

Guards—best ball handlers, best decision makers

Forwards—bigger than guards, rebounders, scorers from inside and outside

Centers—traditionally biggest player on the floor, best rebounder, best scorer with his back to the basket.

Types of Defenses

-Man to Man Defense: Where players guard a certain player from the other team.

-Zone defense: Where a player is responsible for defending an area on the court.

Types of Passes

-Chest Pass—fastest and most accurate pass

-Bounce Pass—best pass to get around opponent

-Overhead (least used during basketball game)

Basketball Study Guide Physical Education

AW Rasmussen



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Physical Education Teaching Manual Mabel Esther Rugen, Jeanette B. Saurborn, 1936 **Journal of Health, Physical Education, Recreation**, 1952 **Resources in Education**, 1976 *Manual, Programs, and Courses of Studies for Kentucky High Schools* Kentucky. State Board of Education, 1927 **Guide To: Safety Education** Dr. K. M. Valsaraj, Safety education guides students to recognize hazards and adopt safe practices in daily life It includes road home school and environmental safety aiming to prevent accidents promote awareness and encourage responsible behavior for overall well being Teaches students to recognize and avoid hazards Covers safety at home school road and environment Promotes awareness and precautionary measures Encourages responsible and disciplined behavior Aims to prevent accidents and ensure well being *The Journal of Physical Education*, 1930 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1977 *The Journal of Health and Physical Education*, 1932 Journal of Physical Education and Recreation, 1977 **Basketball Guide**, 1928 *American Physical Education Review*, 1927 Includes abstracts of magazine articles and Book reviews Annual Catalogue, with Announcements University of Arizona, 1926 *Announcement for the Academic Year* University of Arizona, 1926 *Annual Catalogue* Hampton Normal and Agricultural Institute, 1927 University Bibliography Columbia University. Libraries, 1910 Nebraska High School Manual, 1929 University of Nebraska (Lincoln campus), 1929 Special Events in the Girls Sports Program American Association for Health, Physical Education, and Recreation. Division for Girls and Women's Sports, 1961 **Elementary Course of Study, State of Washington, 1930** Washington (State). Superintendent of Public Instruction, 1930 **The Playground**, 1928 **Goucher Alumnae Quarterly**, 1930

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