



**MPPSC**

# SPORTS AND ASSOCIATED TERMS - I

**MPPSC – HIGHLY IMPORTANT TOPICS**

**L01 - Sports and Associated Terms - I**



# Online Course for MPPSC



**Important for Both MPPSC Prelims + Mains**

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# FIRST PAPER: GENERAL STUDIES



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# Sports And Terms Associated - **Athletics**

- ☐ Sprint
- ☐ Hurdles
- ☐ High Jump
- ☐ Long Jump
- ☐ Hammer Throw
- ☐ Triple Jump
- ☐ Shot Put
- ☐ Relay
- ☐ Track and Field





# Sports And Terms Associated - **Athletics**



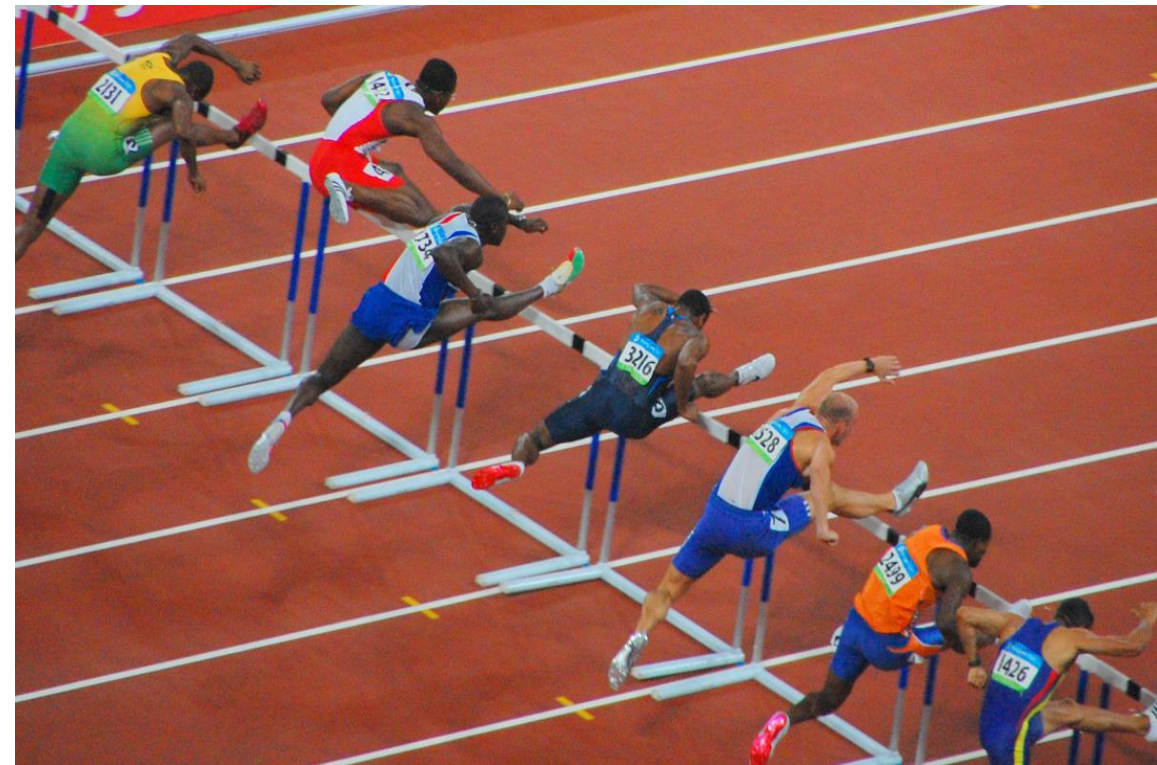
**□Sprint:-** In athletics and track and field, sprints are races over short distances.

**□Shot put:-** An throwing to throw a spherical object as far as possible



# Sports And Terms Associated - Athletics

**□ Hurdles:** -The sprint hurdles at the Summer Olympics have been contested over a variety of distances at the multi-sport event. The men's 110 metres hurdles has been present on the Olympic athletics programme since the first edition in 1896. A men's 200 metres hurdles was also briefly held, from 1900 to 1904. The first women's sprint hurdling event was added to the programme at the 1932 Olympics in the form of the 80 metres hurdles. At the 1972 Games the women's distance was extended to the 100 metres hurdles, which is the current international standard.





# Sports And Terms Associated - **Athletics**



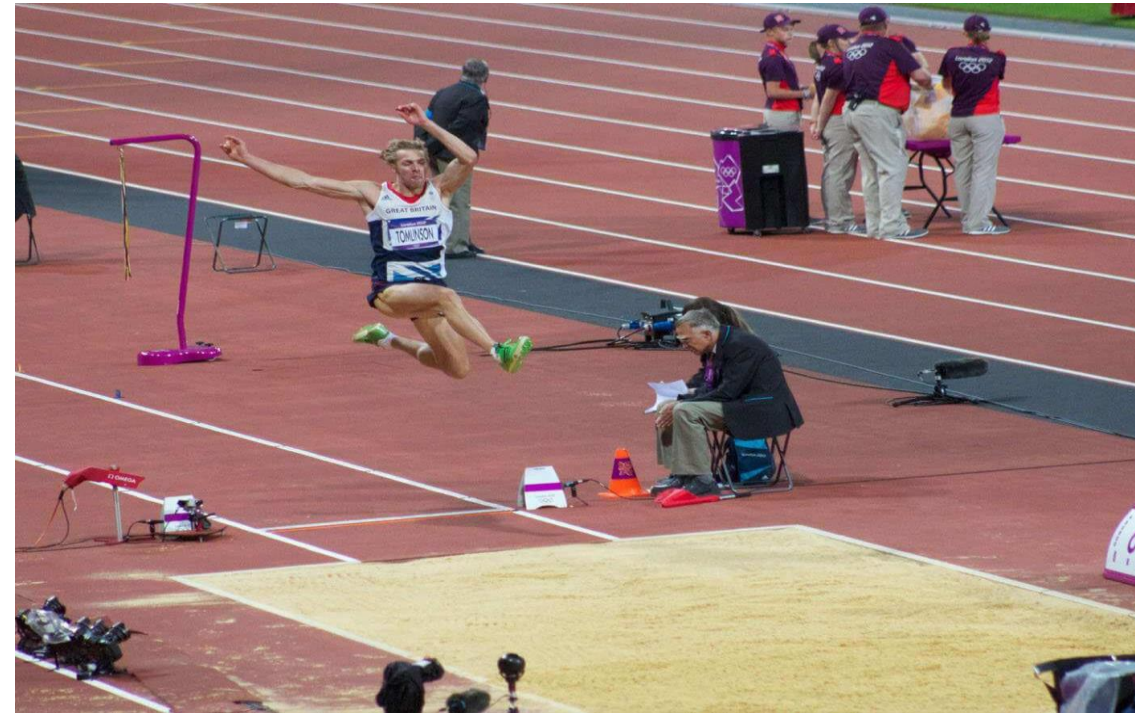
❑ **High Jump**:-The **high jump** is a track and field event in which competitors must jump unaided over a horizontal bar placed at measured heights without dislodging it



# Sports And Terms Associated - Athletics



**Long Jump**:-The long jump is a track and field event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a take off point. Along with the triple jump, the two events that measure jumping for distance as a group are referred to as the "horizontal jumps".





# Sports And Terms Associated - Athletics

**Hammer throw:-** The **hammer throw** is one of the four throwing events in regular track and field competitions, along with the discus throw, shot put and javelin. The "hammer" used in this sport is not like any of the tools also called by that name. It consists of a metal ball attached by a steel wire to a grip. The size of the ball varies between men's and women's competitions





# Sports And Terms Associated - Athletics

**Triple Jump**:-The **triple jump**, sometimes referred to as the **hop, step and jump** or the **hop, skip and jump**, is a track and field event, similar to the long jump. As a group, the two events are referred to as the "horizontal jumps". The competitor runs down the track and performs a hop, a bound and then a jump into the sand pit. The triple jump was inspired by the ancient Olympic Games and has been a modern Olympics event since the Games' inception in 1896.



# Sports And Terms Associated - Athletics

**Relay**:-A relay race is a track and field event in which **athletes** run a pre-set distance carrying a baton before passing it onto the next runner. Often, a **relay** team is a team of four sprinters. In **athletics**, the two standard **relays** are the 4x100 meter **relay** and the 4x400 meter **relay**.

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# Sports And Terms Associated - Athletics

## Track and Field:-

- ❑ Contest established on the skills of running
- ❑ Jumping
- ❑ Throwing





# Sports And Terms Associated - Cricket

- |            |                     |                    |
|------------|---------------------|--------------------|
| ❖ Toss     | ❖ Yorker            | ❖ Gloves,          |
| ❖ Run      | ❖ Gully             | ❖ Wicket Keeper,   |
| ❖ Pitch    | ❖ Long on           | ❖ Over             |
| ❖ Stump    | ❖ Silly point       | ❖ Follow on        |
| ❖ Bails    | ❖ Midwicket         | ❖ Rubber           |
| ❖ Crease   | ❖ Mid on            | ❖ Spin             |
| ❖ Pavilion | ❖ Forward short leg | ❖ Hat trick        |
| ❖ Ashes    | ❖ Stroke            | ❖ Round the wicket |
| ❖ drive    | ❖ Shot              | ❖ Over the wicket  |
| ❖ Late cut | ❖ Pull              | ❖ Runner           |
| ❖ Hook     | ❖ Sixer             | ❖ Cover            |
| ❖ Glance   | ❖ Follow through    | ❖ Deep/mid-wicket  |
| ❖ Seamer   | ❖ Turn              | ❖ White wash etc.  |
| ❖ Boundary | ❖ Bouncer           |                    |
| line       | ❖ Square leg        |                    |
| ❖ Slip     |                     |                    |



# Sports And Terms Associated - Hockey

- ❖ Bully
- ❖ Short corner
- ❖ Hat trick
- ❖ Goal
- ❖ Penalty Corner
- ❖ Penalty stroke
- ❖ Push in
- ❖ Cut
- ❖ Scoop
- ❖ Dribble
- ❖ Centre forward
- ❖ Half back
- ❖ Astroturf
- ❖ Sudden death
- ❖ Left in
- ❖ Left out
- ❖ Off-side
- ❖ Tie breaker
- ❖ Carried
- ❖ Stick
- ❖ Striking circle
- ❖ Under cutting etc.





# Sports And Terms Associated – **Weight Lifting**



- ❖ Snatch
- ❖ Jerk
- ❖ Bulking
- ❖ Plates and Bars





# Sports And Terms Associated - **Cycling**

- ❖ Time Trial
- ❖ Point race
- ❖ Sprint
- ❖ Track race





# Sports And Terms Associated - **Swimming**



- ❖ Crawl
- ❖ Paddle
- ❖ Pool
- ❖ Lane Lines
- ❖ Freestyle
- ❖ False Start
- ❖ Beast stroke
- ❖ Bottom
- ❖ Backstroke
- ❖ Anchor



# Sports And Terms Associated - **Gymnastics**



- ❖ Layout
- ❖ Floor
- ❖ Vault
- ❖ Produnova
- ❖ Somersault
- ❖ Aeria



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# Sports And Terms Associated - Billiards

**Cue Ball:-** Ball (Typically white in colour) that used to shot the other ball

**Cannon:-** Striking the cue ball so that it hits other cue ball and red ball on the same shot

**Cue/Cue Stick:-** Stick that used to hit the ball

**Frame:-** Vrious phase of the game till the clearance



# Sports And Terms Associated - Tennis

- ❖ Game
- ❖ Grand slam
- ❖ Ace
- ❖ Volley
- ❖ Deuce
- ❖ Slice
- ❖ Forehand
- ❖ Backhand
- ❖ Cross-court
- ❖ Smash
- ❖ Drop shot
- ❖ Advantage
- ❖ Shot
- ❖ Baseline
- ❖ Game point
- ❖ Break point
- ❖ Red laver etc.





# Sports And Terms Associated – Horse Race



- ❖ Punter
- ❖ Jockey
- ❖ Steeplechase
- ❖ Race course
- ❖ Three day event
- ❖ Dresses
- ❖ Show jumping
- ❖ Faults etc.



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❑ Email us at [straightzero1990@gmail.com](mailto:straightzero1990@gmail.com)

❑ Call us at +91-9999 715 301







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**MPPSC – HIGHLY IMPORTANT TOPICS**

**L02 - Sports and Associated Terms - II**



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# Sports And Terms Associated - Baseball

❖ **Home Run**:- The ball is hit in such a way that the batter is able to circle the bases and reach home safely

❖ **Strike**:- When the batter misses the ball to hit

❖ **Throw**:- Collect the ball and send to proper player

❖ **Base Runner**:- Batter hit the ball and reach the same base by touching all the bases

❖ **Put-out**:- A put-out credited to a player who gets out one batting team member based on some rules

❖ Perfect game

❖ Pitching





# Sports And Terms Associated - Badminton

- ❖ **Shuttlecock**:-Used to play the game
- ❖ **Court**:-Space bounded by the lines where the game played
- ❖ **Smash**:-A shot that is hit above the hitters head with a serve-like motion
- ❖ **Duce**:-Both players have scored three points each (40 all)
- ❖ **Service line**:- Various lines of the court
- ❖ **Service**:-A shot to start a point
- ❖ **Love**:- It means one player is in zero point
- ❖ **Net Shot**:- When the player shot the shuttlecock in the net
- ❖ Double fault
- ❖ Fore hand
- ❖ Back hand



# Sports And Terms Associated - **Badminton**

- |                |                    |
|----------------|--------------------|
| ❖ Kick         | ❖ Left out         |
| ❖ Goal         | ❖ Right out        |
| ❖ Head         | ❖ Stopper          |
| ❖ Penalty kick | ❖ Defender         |
| ❖ Dribble      | ❖ Side back        |
| ❖ Off side     | ❖ Pass             |
| ❖ Move         | ❖ Baseline         |
| ❖ Hat trick    | ❖ Rebound          |
| ❖ Foul         | ❖ Comer bick, etc. |





# Sports And Terms Associated - Volleyball



- ❖ Sikers
- ❖ Booster
- ❖ Block
- ❖ Free ball
- ❖ Doubling
- ❖ Volley
- ❖ Deuce
- ❖ Smash
- ❖ Sidearm
- ❖ Penetration, etc



# Sports And Terms Associated - Shooting

- ❖ Rapid fire Pistol
- ❖ Bag
- ❖ Bulls eye
- ❖ Marksmanship
- ❖ Plug
- ❖ Range
- ❖ Skeet





# Sports And Terms Associated - Wrestling



- ❖ Free style,
- ❖ Point,
- ❖ Hal Nelson,
- ❖ Heave, etc



# Sports And Terms Associated - Golf

- ❖ Tee
- ❖ Hole
- ❖ Bunker
- ❖ Birdie
- ❖ Ace
- ❖ Putting





# Sports And Terms Associated - Chess

- ❖ E. L. O. rating,
- ❖ Grand master,
- ❖ international master,
- ❖ Gambit,
- ❖ Kings Indian Defence,
- ❖ Check mate
- ❖ Stalemate
- ❖ Move
- ❖ Resign etc.



# Sports And Terms Associated - Carom

- ❖ Queen
- ❖ Foul
- ❖ Break
- ❖ Push Strike
- ❖ Due
- ❖ Penalty
- ❖ Covering
- ❖ Thumbing
- ❖ White slam





# Sports And Terms Associated – Water Polo

- ❖ Position
- ❖ Offence
- ❖ Defense
- ❖ Ball
- ❖ Goals
- ❖ Mouth guard etc



# Sports And Terms Associated - **Boxing**

- |                  |                     |
|------------------|---------------------|
| ❖ Blocking Break | ❖ Rabbit Punch      |
| ❖ Caution Down   | ❖ Saved by the Bell |
| ❖ Foul           | ❖ Standing 8 Count  |
| ❖ Hook           | ❖ Uppercut          |
| ❖ In-fighting    | ❖ Warning           |
| ❖ Jab            | ❖ Weaving           |
| ❖ Knock Down     |                     |
| ❖ Neutral Corner |                     |
| ❖ Pugulist       |                     |





# Sports And Terms Associated - Basketball



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- ❖ Alley oop
- ❖ buzzer beater
- ❖ cherry-picking
- ❖ fast break
- ❖ field goal
- ❖ full-court press
- ❖ Key
- ❖ pick and roll
- ❖ sixth man
- ❖ triple threat
- ❖ Jump ball
- ❖ Free throw
- ❖ Lay-up



# Sports And Terms Associated – Table Tennis



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- ❖ Foil, End line
- ❖ Late control
- ❖ Flat hit
- ❖ Block stroke
- ❖ Service
- ❖ Penholder grip
- ❖ Back spin
- ❖ Centre line
- ❖ Half Court
- ❖ Side spin
- ❖ Swing stroke
- ❖ Push Stroke
- ❖ Rally
- ❖ Let
- ❖ Reverse
- ❖ Top Spin
- ❖ Drop shot
- ❖ Lob
- ❖ Chopped return etc





# Sports & Terms Associated

## Sample Practice Questions



Q-1 The number of players on each side in baseball is?

- A-8
- B-8
- C-9
- D-10



Q-2 Which of the following term used in the game of badminton?

- A-Hoops
- B-Gambit
- C-Drop shot
- D-Stroke

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# Sports & Terms Associated

## Sample Practice Questions



Q-3 In which sports is the participant called “Pugilis”?

- A-Sprint
- B-Boxing
- C-Wrestling
- D- Javlin throw



Q-4 In which game the term “Putting” used?

- A-Chess
- B-Hockey
- C-Golf
- D-Billiards





# D-Tennis

# C-Hockey



# Sports & Terms Associated

## Sample Practice Questions



Q-7 The word “Jump ball” is associated with?

- A-Softball
- B-Basketball
- C-Netball
- D-Baseball



Q-8 “Free throw” is associated with

- A-Basketball
- B-Hockey
- C-Volleyball
- D-Football





# Sports & Terms Associated

## Sample Practice Questions



Q-9 “Lay-up is a term associated with which of the following games?

- A-Handball
- B-Basketball
- C-Throw ball
- D-Volleyball



Q-10 With which sport do you associate with name of Rod laver?

- A-Football
- B-Water polo
- C-Field Hockey
- D-Lawn tennis





# Sports & Terms Associated - **Answers**

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Questions	Answers
1	C
2	D
3	B
4	C
5	B
6	B
7	B
8	A
9	B
10	D





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➤ For any Query One can directly

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