

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No. I (Part-B 1)**

**Topic No. B (2)**

**Topic Name: Shot Put**

**Lecture No.: 46**

**Lecture Title**

**Shot Put-1**

**F.A.Qs**

**Question1 What is Shot Put?**

**Answer** The **shot put** is a track and field event involving "throwing"/"putting" (throwing in a pushing motion) a heavy spherical object—the *shot*—as far as possible

**Question 2 What is the weight of shot put ball?**

**Answer** The weight of the ball can vary from 6 to 16 pounds (2.76 to 7.26 kg), depending on level age and gender of the participants.

**Question 3 What material is used to make shot put ball?**

**Answer** Materials used include sand, iron, cast iron, solid steel, stainless steel, brass, and synthetic materials like polyvinyl

**Question 4 What are the styles used in the shot put?**

**Answer** Two putting styles are used by shot put competitors: the *glide* and the *spin*.

**Question 5 How shot put is played?**

**Answer** Shot put is a game where player put heavy weighted ball as far as they can. They are not allowed to throw it, but instead they push the ball out into the air