

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

Summary

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. The basic rules to be kept in mind are: The athlete must only use one hand and it must not drop below the shoulder or it could cause damage. The athlete can be disqualified for leaving the circle before the shot hits the ground, or leaving the sector lines. The athlete must not put a foot past the toe board, or it is a disqualification. The athlete must not take longer than 60.00 seconds to take a shot.