

Course Name: Bachelor of Physical Education
Year - IInd (Part-3)
Paper Name - Skill and Prowess
Topic Name - Skill and Prowess
Topic No. – Part – III (B) I
Paper No. - B
Lecture No. – 19

Lecture Title
Discuss Throw
FAQ's

Question 1: Which games were the parts of Pentathlon?

Answer: Pentathlon included jumping, wrestling, running and javelin.

Question 2: What are the specifications for the discus?

Answer: The bottom of the body of the discus should be made of wood or other suitable material with a metal rim, the edge of which should be circular. Each side should be identical, without any indentations or projections. The minimum weight should be 2 kg ($2^{1/2}$ lb) for men and 1 kg ($4^{1/2}$ lb) for women.

Question 3: how is the distance measured in the game?

Answer: The distance should be measured from the nearest mark in the ground made by the discus to the inside of the circumference of the circle, along a line drawn to the centre of the circle.

Question 4 How is the Torque gained during the throwing position?

Answer: The Torque or “wind-up” of the right side of the body 70 to 90° between the axis of the shoulder and the hip and with about 45 to 60° between the shoulder and the throwing arm.

Question 5: What is meant by “figure of Eight” in discus throw?

Answer: The arm holding the discus swing in front of the body describing the path of an imaginary figure of eight; the back of the hand must be turned upwards throughout. Because of the centrifugal force the discus remains in the hand.