**First name: Family name: Group:**

**The second exam in sports training pedagogy**

**read the following statements carefully and put a circle on the right answer.**

**1. What was a key purpose of physical training in ancient civilizations like Egypt, Mesopotamia, and China?** **ما هو الهدف الأساسي للتدريب البدني في الحضارات القديمة مثل مصر وبلاد ما بين النهرين والصين؟**

**A)** Military preparation and defense. **B)** Entertainment and leisure. **C)** Religious ceremonies. **D)** Agricultural labor.

**2. Who promoted gymnastics for both physical and moral development in 19th-century Germany?** **من الذي شجع على ممارسة رياضة الجمباز من أجل التنمية البدنية والأخلاقية في ألمانيا في القرن التاسع عشر؟**

**A)** Friedrich Ludwig John. **B)** Jean-Jacques Rousseau. **C)** Per Henrik Ling. **D)** James Naismith.

**3. What innovation became prominent in the 21st century to assess and enhance athletic performance?** **ما هو الابتكار الذي برز في القرن الحادي والعشرين لتقييم وتحسين الأداء الرياضي؟**

**A)** Use of video analysis and wearable sensors.

**B)** Traditional martial arts drills. **C)** Expansion of chariot racing. **D)** Emphasis on religious rituals.

**4. What is a key theme in modern sports pedagogy? ما هو الموضوع الرئيسي في التربية الرياضية الحديثة؟**

**A)** Integration of science and practical coaching.

**B)** Focus solely on competitive success.

**C)** Uniform training methods for all athletes.

**D)** Rejection of psychological influences.

**5. What is the primary goal of pedagogy in education?** **ما هو الهدف الأساسي للبيداغوجية في التعليم؟**

**A)** To build on students' prior learning and develop skills and attitudes.

**B)** To deliver lectures without interaction.

**C)** To follow a strict curriculum without flexibility.

**D)** To memorize and repeat information.

**6. What best describes the Constructivist approach in pedagogy?** **ما هو أفضل وصف للمقاربة البنائية في التربية؟**

**A)** Encouraging students to build their own understanding through exploration.

**B)** Providing correct answers through direct instruction.

**C)** Having students copy notes and memorize content.

**D)** Allowing teachers to lecture while students listen passively.

**7. Which of the following is a key benefit of implementing pedagogy in classrooms?** **أي مما يلي يعد من الفوائد الرئيسية لتطبيق علم أصول التدريس في الفصول الدراسية؟**

**A)** It improves the quality of teaching and learning outcomes.

**B)** It increases teacher dominance in the classroom.

**C)** It reduces student responsibility in learning.

**D)** It limits teaching to traditional methods only.

**8. What is the difference between a pedagogical approach and a pedagogical technique?** **ما هو الفرق بين المقاربة البيداغوجية والتقنيات البيداغوجية؟**

**A)** The approach is the overall method, while the technique is a specific classroom action.

**B)** The approach focuses only on theory, while technique is only for exams.

**C)** The approach applies to students, while the technique applies to teachers only.

**D)** The technique replaces the approach entirely.

**9. What does the principle of specificity in sports training emphasize?** **على ماذا يؤكد مبدأ التخصص في التدريب الرياضي؟**

**A)** Training should target the specific muscles and skills required by the sport.

**B)** Athletes should train randomly to keep workouts interesting.

**C)** All sports require the same type of training.

**D)** Only endurance training is important for every athlete.

**10. What is one of the main goals of the Sport Education Model?** **ما هي اهم الأهداف الرئيسية لنموذج التربية الرياضية؟**

**A)** Promote lifelong enjoyment of physical activity.

**B)** Focus only on competitive success.

**C)** Prioritize elite athlete development.

**D)** Reduce teamwork in sports settings.

**11. Which approach is a key feature of Positive Pedagogy in Coaching?** **ما هي المقاربة التي يعتبر من السمات الأساسية للبيداغوجية الفعالة في التدريب؟**

**A)** Athlete-centered coaching that fosters autonomy.

**B)** Strict control and standardization of all drills.

**C)** Prioritizing victory over learning.

**D)** Limiting feedback to performance errors only.

**12. What is a core aspect of Holistic Development in sport?** **ما هي الجوانب الأساسية للتنمية الشاملة (جميع الجوانب) في الرياضة؟**

**A)** Developing physical, mental, emotional, and social skills.

**B)** Focusing only on physical fitness and skill improvement.

**C)** Ignoring cultural and ethical values in sports.

 **D)** Emphasizing technical success above all else.

**13.Which of the following is a component of training load?** **أي مما يلي يعد أحد مكونات الحمل التدريبي؟**

**A)** Volume. **B)** Nutrition. **C)** Hydration. **D)** Sleep.

**14.What does "intensity" in training load refer to?** **ماذا يشير إليه "الشدة" في حمل التدريب؟**

**A)** The level of effort or demand of the activity.

**B)** The number of training sessions per week.

**C)** The type of equipment used.

**D)** The duration of rest periods.

**15.Which method of sports training pedagogy involves simulating real-game situations?** **ما هي طريقة التدريب البيداغوجية التي تتضمن محاكاة مواقف اللعبة الحقيقية؟**

**A)** Skill-Based Training. **B)** Psychological Training.

 **C)** Tactical Training. **D)** Use of Technology.

**16.Which equipment is used for improving speed and agility?** **ما هي المعدات المستخدمة لتحسين السرعة والرشاقة؟**

**A)** Agility ladders and cones. **B)** Medicine balls.

**C)** Foam rollers. **D)** Heart rate monitors.

**17.Which aspect of pedagogy focuses on teaching and refining sport-specific skills?** **ما هو الجانب البيداغوجي الذي يركز على تعليم وصقل المهارات الرياضية الخاصة؟**

**A)** Technical Axis. **B)** Psychological Aspect.

**C)** Social Aspect. **D)** Ethical and Moral Aspect.

**18.What is the primary objective of the Physical Axis in sports training?** **ما هو الهدف الأساسي للجانب البدني في التدريب الرياضي؟**

**A)** Enhancing strength, endurance, speed, and flexibility.

**B)** Developing teamwork and communication.

**C)** Building mental resilience and focus.

**D)** Teaching ethical behavior and sportsmanship.

**19.Which method is used to improve decision-making under pressure in the Tactical Aspect?** **ما هي الطريقة المستخدمة لتحسين عملية اتخاذ القرار تحت الضغط في الجانب التكتيكي؟**

**A)** Small-sided games. **B)** Static stretching.

**C)** Isolated weightlifting. **D)** Solo meditation.

**20.What is a key strategy for instilling ethical behavior in athletes?** **ما هي الاستراتيجية الرئيسية لغرس السلوك الأخلاقي لدى الرياضيين؟**

**A)** Leading by example and modeling respect.

**B)** Focusing solely on winning games.

**C)** Avoiding discussions about rules.

**D)** Limiting team interactions.