

Interesting facts (about the International Basketball Day)

1. On which day is International Basketball Day celebrated every year?

International Basketball is celebrated every year on 21 December.

2. Who was responsible for the origination of the basketball game?

James Naismith, a physical trainer at the international YMCA training school in Springfield, Massachusetts, initiated the basketball game. He had initiated a basketball game to keep students active and engaged in winter. It was played with a soccer ball, and the baskets were peach baskets. He created teams of nine players. There were 13 rules for the first game, developed by James Naismith, and it was played on December 21, 1891.

3. When did the International Basketball Day celebration start?

The International Basketball Day celebration started in 2023 when the UN decided to celebrate it every year on 21 December. The resolution was passed on August 25, 2023. December 21 was selected because James Naismith initiated the game of basketball, and the first match was played on December 21, 1891. The first International Basketball Day was organized on December 21, 2023. Each year, there is a distinct theme for International Basketball Day. As basketball is one of the sports that are played by people worldwide, the International Basketball Day celebration was initiated by the United Nations to unite people, as this sport has huge cultural, social, and developmental value.

4. How is International Basketball Day celebrated every year?

Basketball organizations, which include the International Basketball Federation (FIBA), the National Basketball Association (NBA), and the Young Men's Christian Association (YMCA), organize the International Basketball Day Worldwide. There are diplomatic events, basketball competitions, and community clinics held to celebrate the day worldwide.

5. What are the advantages of playing basketball?

Playing basketball has various advantages, like improvement in the physical, social, and mental aspects of a person. It enhances cardiovascular function, physical strength, and coordination and also helps in increasing discipline, teamwork, and strategy in people who take part in it. The game needs continuous running, jumping, and quick direction changes, which enhances heart and lung function. As there is a weight-bearing activity there, it enhances bone density and strength. There needs to be continuous head-eye coordination, which enhances motor skills. As in basketball, a player has to make quick decisions, which enhances the brain's capacity to make fast and strategic decisions. The need to follow the rules in the game enhances discipline among the players. As the game needs teamwork to achieve a goal, it enhances social capability among the players.

References

- <https://www.un.org/en/observances/world-basketball-day>
- <https://about.fiba.basketball/en/organization/world-basketball-day>