

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

JANUARY 2021 EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

**TRACK AND FIELD TRACK EVENTS
[PE310SEB]**

YEAR 4

TIME 2 ½ HOURS

INSTRUCTIONS: Candidates are required to answer ALL questions in SECTIONS A and B and FOUR questions in SECTION C.

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

SECTION A (15 marks)

Answer ALL questions in this section.

1. In race walking contact is first made with the
 - a) flat foot.
 - b) toes of the leading foot.
 - c) heel of the leading foot.
 - d) outside of the leading foot.

2. In the sprint events the most important factors to obtain maximum velocity are
 - a) stride length and technique.
 - b) stride, length and frequency.
 - c) stride length, frequency and coordination.
 - d) frequency and perfect shin angle.

3. Running in a person's lane on the straight
 - a) warrants a disqualification if there is interference.
 - b) can be an accepted rule in track and field.
 - c) can be an option for smaller and younger athletes.
 - d) warrants a disqualification in all cases.

4. The race-walking technique includes
 - a) double support after every 3-4 strides.
 - b) double support and toe strike to heel movement.
 - c) double support and bent leg.
 - d) double support and a heel strike to toe movement.

5. When running a Marathon, under the starters command the athletes will hear
 - a) three different tones.
 - b) "on your marks", "go".
 - c) "to the line", "set", "go".
 - d) "set", "go".

6. In 3000m steeple chase event, legal clearance of obstacles is completed when
 - a) 7 barriers and 4 water jumps are negotiated without aiding with the hands.
 - b) 7 barriers and 7 water jumps are completed without aiding with the hands.
 - c) 28 barriers and 7 water jumps are completed without aiding with the hands.
 - d) 34 barriers are negotiated without aiding with the hands.

7. For efficient baton exchange the incoming and outgoing runner should ensure that
 - a) they both execute excellent timing between acceleration and baton passing in the takeover zone.
 - b) they both observe each other and wait on the signal to go into the takeover zone.
 - c) they both execute excellent timing and wait for the signal of the coach during training.
 - d) they both anticipate each other and pass the baton as soon as they are close.

8. For the athlete to be judged to have finished a race his
 - a) hands must have reached the finish line.
 - b) head must have reached the finish line.
 - c) torso must have reached the finish line.
 - d) feet must have reached the finish line.

9. A legal throw is when
 - a) the implement touches the outer part of sector line.
 - b) the implement falls within the sector.
 - c) the thrower touches the outer part of the circle.
 - d) many parts of your foot touches the circle on or before the throw.

10. At the start of a sprint event the athlete should be encouraged to
 - a) assume an upright posture in order to maintain balance.
 - b) stay low as he or she accelerates.
 - c) run out then slowly accelerate.
 - d) swing arms across the body to maintain balance.

11. In the 400m hurdles the athletes must successfully clear all hurdles in order to complete the race. How many flights of the hurdles will they have to negotiate?
 - a) 80
 - b) 100
 - c) 8
 - d) 10

12. The relays contested at the Olympic games are
 - a) 4 x 100m, Medley.
 - b) 4 x 800m, 4 x 1500m.
 - c) 4 x 100m, 4 x 400m.
 - d) 4x 800m, 4 x 100m.

13. Which of the following occurs in the withdrawal of the Javelin?
- a) The thrower changes from a frontal to a side-on position with the Javelin held back at shoulder height with the tip down
 - b) The thrower changes from a frontal to a side-on position with the Javelin held back at shoulder and eye level
 - c) The thrower changes from a frontal to a side-on position with the Javelin held below shoulder level, with tip over the head
 - d) The thrower withdraws the Javelin at the beginning of run-up to ensure he gets the right angle of release
14. A common practice done after competition is to
- a) review physical and tactical performance to ensure greater success for upcoming events.
 - b) do more work out in the gym due to a lack of strength displayed in competition.
 - c) make sure that the warm-up for the next session is greater and hydrate the body to reduce quick fatigue.
 - d) heighten your mental preparation and rest before you restart training.
15. The official weights for the senior male & female hammer are
- a) 4 kg and 7.66kg.
 - b) 4.2 kg and 7.62 kg.
 - c) 7.26 kg and 4kg.
 - d) 7.62kg and 0.40 kg.

SECTION B

Answer ALL questions in this section.

1. Describe the delivery in the Shot-Put throw. (3 marks)
2. To which event does the term "Clean Palm Dirty Neck" relate and what does it mean? (2 marks)
3. Explain the actions of the athlete during the 4x100m relays in the take-over zone. (3 marks)
4. Describe the grip in the Pole Vault event, bearing in mind the position of the hands for the left or right-handed jumper. (2 marks)
5. Explain the meaning of the terms, *acceleration* and *maximum velocity*. (4 marks)

6. State the middle-distance events related to the combined events. (2 marks)
7. List the type of crouch starts most appropriate for athletes of varied height. (3 marks)
8. How you would arrange your relay runners for the 4x100m relay? Give reasons for your choice. (5 marks)
9. List TWO of the most efficient techniques used in the long jump. (2 marks)
10. Explain the grip of the hammer and the position before the turn. (4 marks)
11. Explain the approach used in the Fosbury Flop technique. (3 marks)
12. State THREE common competition rules used when judging the race walk. (3 marks)
13. State THREE competition rules common across the jumping events. (3 marks)
14. Explain the new set-up of the relay box. (6 marks)

Total 45 marks

SECTION C

Answer FOUR questions in this section.

1. Explain which energy systems are in high demand for TWO EVENTS in the list of events below, and the transition between the different manifestation during the dynamics of each event.
 - (a) Race walking event
 - (b) Sprinting events
 - (c) Middle- and Long-Distance events
 - (d) Field events

(10 marks)
2. Identify FIVE components of middle and long distance running and explain how TWO training methods contribute to the development of these components.

(10 marks)
3. Outline a macrocycle for an athlete with the necessary details, athletes' information and event of choice.

(10 marks)

4. Use the above macrocycle and complete following.
- (a) Select a meso cycle from any phase of your macro.
 - (b) Choose a micro cycle from that meso cycle
 - (c) Write the distribution of physical workload for the micro cycle.
 - (d) Complete with details a session from the micro cycle chosen.
- (10 marks)
5. Describe the phases of the hurdle clearance and explain the differences in rhythm as it relates to the shorter and longer version of the hurdle events. (10 marks)
6. Describe the technical characteristics of the race-walking event and list the common errors of the race walker. (10 marks)
7. List THREE key areas of importance for the “ON YOUR MARKS POSITION” AND “SET POSITION” and describe the action of the sprinter as he/she responds to the final signal to leave the starting blocks. (10 marks)

Total 40 marks

END OF EXAMINATION