

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT  
ASSOCIATE DEGREE IN COACHING  
JANUARY 2021 EXAMINATION**

**TRACK AND FIELD 1- TRACK EVENTS  
[PE115ASC]**

**YEAR 1**

**DURATION: 2 ½ HOURS**

**INSTRUCTIONS: Do ALL questions in sections A and B and TWO from section C**

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## SECTION A – MULTIPLE CHOICE (30 marks)

Answer ALL questions by circling the letter beside the most appropriate answer.

1. Athletes in a Race walking competition may commit violations. What would officials normally look for?
  - a) Running and skipping
  - b) Loss of contact and flexion
  - c) Walking zig-zag and running
  - d) Walking in a line and loss of contact
2. In a race-walking event, there are a minimum of \_\_\_\_\_ judges.
  - a) 5
  - b) 9
  - c) 6
  - d) 10
3. For efficiency in the movements of the race walker he/she must:
  - a) Have good co-ordination between hand, hip and steps in a line maintaining their rhythm.
  - b) Have flexibility in their waist and able to walk as fast as possible over distance
  - c) Continue moving forward naturally at varied pace.
  - d) Continue moving from side to side to gain advantage over competitors.
4. What are the distances covered by elite male and female race walkers?
  - a) 20km – 40km
  - b) 20km – 50km
  - c) 10km – 15km
  - d) 10km – 20km
5. Who is the official charged with the responsibility of a disqualification in a race-walking competition?
  - a) Recording Judge
  - b) Place Judge
  - c) Assistant Judge
  - d) Chief Judge
6. In all middle and long-distance races, the starting orders are:
  - a) On your marks, go
  - b) Set, go
  - c) To the line, go
  - d) Get ready, go

7. The athlete is said to complete a race the moment his \_\_\_\_\_ crosses the finish line.
- a) Hand
  - b) Chest
  - c) Torso
  - d) Head
8. The Olympic distance for men and woman steeple chase is:
- a) 3000m
  - b) 2000m
  - c) 4000m
  - d) 1600m
9. Long distance events contested by both male and female includes:
- a) 400m, 800m, 1500m
  - b) 3000m, 1500m, 2000m
  - c) 800m, 1500m, 3000m
  - d) 3000m, 5000m, 10,000m
10. The 3000m steeple chase event is completed when the athlete legally executes the clearance of;
- a) 34 barriers and 2 water jumps
  - b) 28 barriers and 7 water jumps
  - c) 35 barriers and a water jump
  - d) 7 barriers and 7 water jumps
11. In order to be an efficient middle and long-distance runner, you must;
- a) Develop a fast and aggressive rhythm at the start
  - b) Run on heel to ball only to maintain pace
  - c) Run on the ball only and pace yourself over the distance
  - d) Run economically on heel to ball and on ball when required
12. The standing start is used for which event?
- a) 100m
  - b) 4X400m
  - c) 400m
  - d) 1500m
13. The athlete achieves greatest acceleration in a short sprint race (100m) in:
- a) The entire race.
  - b) The first 30m
  - c) The first 60m.
  - d) A closed finish

14. The crouch start technique can be executed with different variations, these are;
- a) Medium, long and short
  - b) Elongated, medium and brunch
  - c) Bullet, straight and medium
  - d) Bunch, medium and shorts
15. The angle of the legs of a sprinter in the front and rear block are:
- a) 90 degrees and 130 degrees
  - b) 130 degrees and 120 degrees
  - c) 90 degrees and 120 degrees
  - d) 110 degrees and 60 degrees
16. In the “**Set Position**” of Crouch Start the athlete has:
- a) 5 points of contact with the ground
  - b) 2 points of contact with the ground
  - c) 3 points of contact with the ground
  - d) 4 points of contact with the ground
17. In the set position of the crouch start the athletes’ hips move in a sequence. Identify this sequence.
- a) Up and forward
  - b) Backward and up
  - c) Forward and up
  - d) Up and backward
18. Some biomechanical drills used for running events are:
- a) Lounges, straight leg bounding single leg hop, Indian Jump
  - b) A,b,c skip, bounding, squat walk, variable, lounges
  - c) A,b,c skip, high knees, bounding, butt kicks.
  - d) Butt kicks, a,b,d skip, straight leg bounding, bounding, lounges.
19. Important teaching points for the visual pass are:
- a) Sprint off and wait for the command (outgoing runner).
  - b) The receiver stands and waits for the baton.
  - c) The coach gives the signal when the baton should be past.
  - d) Collect the baton in the left hand.

20. In the case of a failed baton exchange, who is normally held responsible if the baton falls before the receiver collects it?
- The outgoing runner
  - Incoming runner
  - The receiver
  - The coach
21. A 4X100M relay team can't be disqualified if:
- The baton falls during the exchange and is handed to the outgoing runner by the official.
  - The incoming runner takes his checkmark inside of the 30m zone.
  - The outgoing runner takes off inside the 30m zone.
  - The outgoing runner drops the baton, retrieves it and continues to run.
22. In the 4X400m relay what distance the starter must run in assigned lanes?
- 500m
  - 400m
  - 300m
  - 250m
23. The handing off of the baton in the 4x100m relay is described as:
- Nonvisual Exchange
  - Upsweep Pass
  - Visual Exchange
  - Down sweep Pass
24. The correct measurements for the relay baton is;
- 25-28cm long
  - 28-30cm long
  - 25-30cm long
  - 30-35cm long
25. The exchange zone in the 4x100m relay is \_\_\_\_\_ in length.
- 10m
  - 20m
  - 30m
  - 15m

26. A runner can't be disqualified if:
- a) He completes his race despite stepping on either line on the straight without obstructing his fellow competitors.
  - b) He completes his race without making a little step in the inside line of his lane on the curve.
  - c) He completes his race without making a little step on the outside line of his lane on the curve and obstructing any other runner.
  - d) He completes his race after exiting the infield and jogging across the finish line.
27. In the sprint hurdles, how many strides are taken between hurdles?
- a) Two strides
  - b) Five strides
  - c) Four strides
  - d) Three strides
28. To be an efficient hurdler, you must have:
- a) Average flexibility, agility and endurance
  - b) Consistency, strength and agility
  - c) Good hip flexibility, speed and rhythm
  - d) Large muscles, rhythm and speed
29. In all hurdles finals each athlete must clear:
- a) 8 flights of hurdles
  - b) 12 flights of hurdles
  - c) 20 flights of hurdles
  - d) 10 flights of hurdles
30. The international accepted height for the 100m and 110m hurdle are;
- a) 0.762m and 0.840m
  - b) 0.762m and 1.067m
  - c) 0.840m and 1.067m
  - d) 1.067m and 0.762m

## SECTION B

**Answer all questions. (30 marks)**

31. List three training qualities you would look for in selecting athletes for the throwing events. **6 marks**
32. Explain the use of the new relay box set up and the significance of the check mark. **6 marks**
33. Outline three qualities you would look for in an athlete for the middle/ long distance events. **6 marks**
34. Suggest three technical characteristics that a race walker should display. **6 marks**
35. List three safety rules that could be applied in the teaching of the sprint hurdle event. **6 marks**

## SECTION C

**Answer any TWO questions. 40 marks**

36. The hurdling technique requires high level coordination, rhythm, speed and flexibility. Describe the action of the trail leg, the lead leg, running between the hurdles and the finish to achieve optimal performance.  
**20 marks**
37. Physical Education teachers normally follows a sequence when teaching different events. You are teaching your first class on the Sprint events at your alma mater, explain the teaching progression you would employ.  
**20 marks**
38. Jamaica is recognized internationally for their efficiency in executing the “Push Pass” technique in the sprint relay. Explain the progression you would use to develop the efficiency of this technique to group of students.  
**20 marks**
39. You are introducing race walking to a group of selected student/athletes. Explain the teaching progressions you would use to develop efficient race-walking technique.  
**20 marks**

**END OF EXAMINATION**

