

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2018 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

**TRACK & FIELD 2 – LEVEL II [TRACK EVENTS]
[PE 310SEB]**

**YEAR 3
SECONDARY**

TIME: 2 ½ HOURS

INSTRUCTIONS: Candidates are required to answer any FOUR questions from Section A and ALL questions in Sections B and C.

SECTION A

Answer FOUR questions in this section. [40 marks]

1. Identify the energy systems that predominate in the following events. Explain the importance of these energy systems for each event as it relates to ultimate athlete performance.
 - a. 20km Race Walking event
 - b. 100m
 - c. 800m
 - d. Discus Throw

[10 marks]

2. Outline a macrocycle with phases and main competition. Select a meso cycle from any phase. Select a micro cycle where you will write the distribution of physical workload for the week.
Please indicate the following in your response.
 - a. Name
 - b. Sex
 - c. Chronological Age
 - d. Training Age
 - e. Event
 - f. Phase
 - g. Target: Time, Height or Distance

[10 marks]

3. List the progressions with relevant activities (three) that are used to teach/coach the phases of any TWO of the disciplines below:
 - a. The discus event
 - b. Long Jump
 - c. Sprints
 - d. Middle and long distance

[10 marks]

4. State FIVE training methods utilized in middle and long distance training and explain how they contribute to the overall fitness and performance of the athlete. **[10 marks]**

5. Describe the phases of the hurdle clearance and explain the differences in rhythm in 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. Explain the variations of the Crouch Start.
 - a. List at least THREE coaching points for the “*on your marks position*” and “*set position*”.
 - b. Describe the action of the sprinter out of the blocks. **[10 marks]**

SECTION B

Answer ALL questions in this section. [45 marks]

1. Describe the power position in the throws. **[3 marks]**
2. List TWO techniques used in the long jump. **[2 marks]**
3. Explain the term “Clean Palm Dirty Neck” as used in a specific field event. **[2 marks]**
4. State the amount of attempts given in the long jump, discus throw and javelin in the multiple events **[3 marks]**
5. Explain the actions of the athlete during the 4x100m relays in the acceleration and take-over zone. **[3 marks]**
6. Describe the grip in the Pole Vault event. **[2 marks]**
7. State the middle and long distance events competed for at the Olympics. **[3 marks]**
8. How you would arrange your relay runners for the 4x400m relay? Give reasons for your choice. **[4 marks]**
9. Explain the run-up in the Fosbury Flop of an athlete who jumps off the left foot. **[3 marks]**
10. State THREE competition rules used when judging the race walk. **[3 marks]**
11. Explain what is “Pure Acceleration” and “Maximum Velocity” **[4 marks]**
12. State THREE competition rules common across the jumping events. **[3 marks]**
13. Explain the new set-up of the relay box. **[6 marks]**
14. Describe the grip of the hammer and javelin. **[4 marks]**

SECTION C

Answer ALL questions in this section by circling the most appropriate answer for each question. [15 marks]

1. In order 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.

2. 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 accelerate.
 - c. run out slowly then accelerate.
 - d. swing arms across the body to maintain balance.

3. Running in a person's lane will
 - a. warrant a disqualification if there is interference.
 - b. be an accepted rule in track and field.
 - c. be an option for smaller and younger athletes.
 - d. warrant a disqualification.

4. In the 400m hurdles the athlete must successfully clear all hurdles in order to complete the race. How many flights of the hurdles will he/she have to negotiate?
 - a. 80
 - b. 100
 - c. 8
 - d. 10

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

6. In the 3000 m 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. The race walking technique includes double support
 - a. after every 3-4 strides.
 - b. and toe strike to heel movement.
 - c. and bent leg.
 - d. and a heel strike to toe movement.
8. For efficient baton pass the incoming and outgoing runner should ensure they both
 - a. execute excellent timing between acceleration and baton passing in the takeover zone.
 - b. observe each other and wait on the signal to go into the takeover zone.
 - c. execute excellent timing and wait for the signal of the coach during training.
 - d. anticipate each other and pass the baton as soon as they are close.
9. In the withdrawal of the Javelin which of the following occurs?
 - a. The thrower changes from a frontal to a side-on position with 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.
10. A common practice done after competition is to
 - a. do more work out in the gym due to lack of strength displayed in competition.
 - b. review physical and tactical performance to ensure greater success for upcoming events.
 - 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.
11. When running a Marathon, under the starter's command the athletes will hear the following:
 - a. three different tones.
 - b. "to the line", "set", "go".
 - c. "set", "go".
 - d. "on your marks", "go".
12. In the sprint events the most important factors to obtain maximum velocity are
 - a. stride, length and frequency.
 - b. stride length and technique.
 - c. stride length, frequency and coordination.
 - d. frequency and perfect shin angle.
13. The official weight for the senior male & female hammer are:
 - a. 7.26 kg & 4 kg
 - b. 4 kg & 7.26 kg
 - c. 4.2 kg & 7.62 kg
 - d. 7.62 kg & 0.40 kg

14. A legal throw is when
- a. the implement touches the outer part of sector line.
 - b. the thrower touches the outer part of the circle.
 - c. the implement falls within the sector.
 - d. any part of your foot touches the circle on or before the throw.
15. In the race walk, 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.

END OF EXAMINATION