

TEACHERS COLLEGES OF JAMAICA
BACHELOR OF EDUCATION
DECEMBER 2018 – EXAMINATIONS
COMMON PAPER
PHYSICAL EDUCATION
TRACK AND FIELD 1 – TRACK EVENTS
[PE100SEB]

YEAR: 1
SECONDARY

TIME: 2 ½ HOURS

INSTRUCTIONS: 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 - [30 marks]

Answer all questions in this section by circling the letter that indicates the best response to each question.

1. The maximum number of judges required to officiate at a race-walking event is
 - a) 5
 - b) 9
 - c) 7
 - d) 10

2. For an athlete to develop efficiency in race walker technique he/she must
 - a) always have flexibility in arms and contact the ground with the ball of the feet.
 - b) maintain good co-ordination and rhythm between arms and hip as well as single and double contact with the ground using ball and heel of feet.
 - c) continue moving forward naturally with arm swinging vigorously.
 - d) always maintain lateral movements with arms and hips as well as heel contact with the ground with both feet.

3. Athletes in a race-walking competition may commit violations. What would officials normally look for?
 - a) Running and skipping
 - b) Walking in a line and loss of contact
 - c) Loss of contact and flexion
 - d) Walking zig-zag and running.

4. Which of the following distances does an elite race-walker cover during competition?
 - a) 10km – 15km
 - b) 10km – 20km
 - c) 20km – 50km
 - d) 20km – 60km

5. How many times must the paddle be shown for the disqualification of a competitor in race walking?
 - a) Two
 - b) Three
 - c) Four
 - d) Five

6. An athlete is considered to complete a race the moment his/ her _____ crosses the finish line.
- torso
 - foot
 - chest
 - hand
7. To be efficient in middle- and long-distance running, athletes must
- run on the ball only and pace yourself over the distance.
 - run economically on heel to ball and on ball when required.
 - develop a fast-aggressive rhythm.
 - run on heel to ball of feet only with little movements of the arms.
8. Which of the following track events are classified in the middle-distance category?
- 400m, 800m.
 - 3000m, 5000m
 - 800m, 1500m.
 - 5000m, 10000m
9. The 3000m steeple chase event is completed when the athlete legally executes the clearance of
- 28 barriers and 7 water jumps.
 - 30 barriers and 7 water jumps.
 - 34 barriers and 8 water jumps.
 - 35 barriers and 10 water jumps.
10. The Olympic distance for men and woman steeple chase is
- 1600m.
 - 2500m.
 - 3000m.
 - 6000m.
11. The standing start is used for which of the following events?
- 100m and 200m
 - 200m and 400m
 - 4x100m relay and 4x400 m relay
 - 800 m and 1500m

12. In all middle- and long-distance races, the starting orders are
- to the line, go.
 - on your marks, set, go.
 - on your marks, go. or set, go.
 - go.
13. The greatest acceleration achieved by athletes in (100m) sprint race is
- between 20m and 60 m.
 - between the starting blocks and the first 20m.
 - between 60 and 80m.
 - between 80 and 100m.
14. The different variations that can be used to execute the crouch start technique in sprint races include
- medium, long and short.
 - elongated, short and long.
 - bullet, straight and medium.
 - bunch, medium and elongated.
15. The angle of the athlete's legs in the rear and front starting block while in the set position for a sprint race is
- 90 degrees and 130 degrees
 - 130 degrees and 120 degrees
 - 120 degrees and 90 degrees
 - 110 degrees and 60 degrees
16. The standard adjustment of the starting blocks used in the bunch start is
- 1.5 feet lengths and 2 feet lengths.
 - 1-foot length and 2 feet lengths.
 - 2 feet lengths and 1.5 feet lengths.
 - 2 ½ feet lengths and 1-foot length.
17. In the set position of the crouch start the athletes' hips move in a sequence. Identify this sequence below
- backward and up.
 - forward and up.
 - up and forward.
 - up and backward.

18. Athletes need to do biomechanical drills to help improve their technique. Which of the following drills is best suited for athletes performing in sprint races?
- a) Lounges, straight leg bounding single leg hop, Indian Jump.
 - b) a, b, c skip, bounding, squat walk, variable, lounges.
 - c) Butt kicks, a, b, d skip, straight leg bounding, bounding, lounges.
 - d) a, b, c skip, high knees, straight leg bounding, butt kicks.
19. An outgoing runner on the second leg of the 4x400m relay should
- a) collect the baton in the left hand.
 - b) sprint off and wait for the command.
 - c) stand and receive the baton with an open palm.
 - d) the coach gives the signal when the baton should be passed.
20. In the case of a failed baton changeover, who should be held responsible if the baton does not change hands?
- a) The outgoing runner
 - b) Incoming runner
 - c) The receiver
 - d) The coach
21. Which of the following responses best indicate how a 4x100m relay team can be disqualified?
- a) The outgoing runner receives the baton outside the 30m zone
 - b) The baton falls during the changeover and is picked up by the outgoing runner.
 - c) The incoming runner takes his checkmark outside of the 30m zone.
 - d) The outgoing runner drops the baton in the 30m zone, retrieves it and continues to run.
22. In the 4x400m relay athletes/teams are expected to run in assigned lanes for
- a) 250m
 - b) 300m
 - c) 400m
 - d) 500m
23. The method of the baton changeover utilized by athletes in the 4x400m relay is best described as
- a) nonvisual exchange.
 - b) upsweep exchange.
 - c) visual exchange.
 - d) down sweep exchange.

24. Competitors in a 4x100 m relay can change over the baton
- a) only in the first 10m of the zone.
 - b) only in the first 15 m in the zone.
 - c) only in the first 20m in the zone.
 - d) anywhere in the zone.
25. The correct measurements and weight for the relay baton is
- a) 25-28cm long/ 45 grams in weight
 - b) 28-30cm long/ 50 grams in weight
 - c) 35-40cm long/ 60 grams in weight
 - d) 45-50 cm long/ 65 grams in weight
26. An athlete can be disqualified from a 400m race if he/she is found guilty of
- a) completing the race despite stepping on either line on the straight without obstructing his fellow competitors.
 - b) completing the race but made a little step on the outside line of his/her lane on the curve although not obstructing any other runner.
 - c) completing the race despite making a little step on the inside line of his/her lane on the curve.
 - d) completing the race by jogging across the finish line.
27. In the sprint hurdles, how many strides are taken between hurdles?
- a) Three strides
 - b) Four strides
 - c) Five strides
 - d) Six strides
28. Which of the following characteristic best describe an efficient hurdler?
- a) Good arm /leg coordination, great speed and excellent hip flexibility
 - b) Great leg strength and average hip flexibility
 - c) Consistent running stride up to the first hurdle and quick leg speed between hurdles
 - d) Large muscles and good coordination
29. How many flights of hurdles is an athlete expected to clear in the 110 mh and 400 mh events?
- a) 7 flights of hurdles
 - b) 9 flights of hurdles
 - c) 10 flights of hurdles
 - d) 12 flights of hurdles

30. The internationally accepted height for 100 mh and 110 mh is
- a) 1.067m and 0.762m.
 - b) 0.762m and 1.067m.
 - c) 0.762m and 0.840.
 - d) 0.840m and 1.067m.

SECTION B – 30 marks

Answer ALL questions.

1. Briefly explain the use of the check mark and exchange zone by athletes in the 4x100 meters relay. **(5 marks)**
2. List THREE qualities that a middle- distance athlete should possess and briefly explain the importance of any one. **(5 marks)**
3. Give THREE training characteristics you would look for in selecting athletes for the sprinting events and provide a reason for selecting two of the characteristics. **(5 marks)**
4. Suggest THREE technical characteristics that a race walker should display and provide two reasons for the choice made. **(5 marks)**
5. List FIVE safety rules that could be applied in the teaching of the hurdle event. **(5 marks)**
6. As a member of the coaching staff you are given responsibility for the relay team. State TWO characteristics that you would consider when selecting athletes for each leg of the relay. **(5 marks)**

SECTION C – 40 marks

Answer FOUR questions from this section.

1. The ability to execute the hurdling technique requires high level coordination, rhythm, speed and flexibility. Explain the action of the trail leg, lead leg, running between the hurdles and the finish to achieve optimal performance. **(10 marks)**
2. Explain FIVE teaching progressions you would employ to develop an efficient race-walking technique to a group of students placed in your charge. **(10 marks)**
3. Describe FIVE detailed teaching points of the body when in the “On your Mark” and “Set” positions. **(10 marks)**
4. Jamaica is internationally recognized for efficiency in executing the “Push Pass” technique in the sprint relay. Briefly outline FIVE teaching progressions you would use to develop efficiency of the technique to a group of students. **(10 marks)**
5. Briefly explain FIVE technical characteristics that are required for the execution of efficient steeple chasing. **(10 marks)**
6. You receive your first job as a Physical Education teacher and in your first class you are expected to teach “The Sprints,” to a group of Grade 7 students. Briefly describe TEN progressive drills you would use to prepare them for sprinting. **(10 marks)**

END OF EXAMINATION