

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2022 EXAMINATION

COMMON PAPER

PHYSICAL EDUCATION

**TRACK & FIELD (TRACK EVENTS 2)
(PE310SEB)**

**YEAR 4
SECONDARY**

TIME 2 ½ HOURS

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

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

SECTION A (60 marks)

Answer FOUR questions in this section.

1. Explain the energy system/s involvement with an athlete executing THREE of the events listed below, taking into consideration movement dynamics of each event from start to the end.
 - a. 100m
 - b. 400m
 - c. 20km Racewalk
 - d. Discus Throw[15 marks]

2. Select THREE training methods used for middle and long-distance training and explain how they contribute to overall fitness and performance of an athlete. [15 marks]

3. List FIVE components of a macro cycle and explain how TWO of these components contribute to more realistic preparation and achievement in the intended outline of the training plan. [15 marks]

4. Outline a macro cycle for any event you choose, then select a micro cycle from any of its phases where you will give a brief outline of the physical workload for the week. [15 marks]

5. List the common faults of any THREE disciplines listed in their respective categories below and explain ONE strategy you would apply to address the athletes' individual needs.
 - a. The throws events (choose one from category)
 - b. The jumping events (choose one from category)
 - c. Sprints (choose one from category)
 - d. Hurdles (choose one from category)
 - e. Middle and long distance (choose one from category)[15 marks]

6. Briefly describe FOUR technical characteristics of the race-walking event and list TWO common errors of the race walker. [15 marks]

SECTION B -40 marks
Answer ALL questions in this section.

1. Describe the delivery in the Javelin throw. [3 marks]
2. List the types of *crouch* starts used by athletes of varied stature in the sprinting events. [3 marks]
3. Explain the actions of the athlete in the take-over zone of the 4x100m with the new rule. [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. [4 marks]
5. Explain the importance of “Pure Acceleration” and “Maximum Velocity” in the sprints. [4 marks]
6. State any THREE middle and long distance events competed for at the ISSA Boys’ and Girls’ Championships. [3 marks]
7. Explain how you would arrange your 4x100m relay team? [4 marks]
8. List TWO techniques used in the high jump. [2 marks]
9. Explain the delivery of the hammer. [4 marks]
10. Describe the approach of the Fosbury Flop technique in high jump. [3 marks]
11. State THREE common movements executed in the triple jumps. [3 marks]
12. Explain the new set-up of the relay box. [4 marks]

END OF EXAMINATION

The first part of the report is devoted to a description of the project and its objectives. It is followed by a detailed account of the methodology used in the study.

The results of the study are presented in the following section. It is followed by a discussion of the findings and their implications for practice.

The final part of the report is a conclusion. It summarizes the main findings of the study and offers some suggestions for further research.

In conclusion, the study has shown that there is a significant relationship between the variables under investigation. This finding has important implications for the field of study.

The study was limited by a number of factors, including the sample size and the duration of the study. However, the findings are still valuable and provide a solid foundation for further research.

It is hoped that this report will be of interest to those who are concerned with the issues discussed above. The authors would like to thank the participants and the staff of the research center for their assistance.