

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2016 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

TRACK AND FIELD 1 [TRACK EVENTS]

[PE 100SEB]

YEAR 1

SECONDARY

TIME: 2 HOURS

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

SECTION A – MULTIPLE CHOICE (30 marks)

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

1. The normal size of an indoor athletics track is:
 - a. 200m
 - b. 400m
 - c. 150m
 - d. 160m

2. In all middle and long distance races, the starting orders are
 - a. set, go
 - b. to the line, go
 - c. on your marks, go
 - d. get ready, go

3. Middle distance events are:
 - a. 400m, 800m, 1500m
 - b. 800m, 1500m, 2000m
 - c. 800m, 1500m, 3000m
 - d. 1500m, 3000m, 5000m

4. The Olympic distance for men's and women's steeple chase is:
 - a. 2000m
 - b. 3000m
 - c. 4000m
 - d. 1600m

5. Middle and long distance athletes are advised to
 - a. develop a fast aggressive rhythm.
 - b. run economically on heel to ball and on ball when required.
 - c. run on ball only.
 - d. run on heel to ball only.

6. The steeple chase is completed when
 - a. the athlete clears barriers 35 times and a water jump.
 - b. the athlete clears 7 barriers and 7 water jumps.
 - c. 4 barriers are cleared 7 times and a one water jump is negotiated 7 times in completing the race.
 - d. 34 barriers are cleared and 7 water stops.

7. Identify a method of middle distance training.
 - a. Fartlek
 - b. Anaerobic training
 - c. Plyometrics
 - d. Intense speed sessions

8. The crouch start is the preferred start in the
 - a. 100m-800m
 - b. 100m-1500m
 - c. 400m-800m
 - d. 100m-400m
9. Select ONE important teaching point for the visual pass.
 - a. Collect the baton in the left hand.
 - b. Sprint off and wait for the command (outgoing runner) to receive baton.
 - c. The receiver stands and waits for the baton.
 - d. The coach gives the signal when the baton should be passed.
10. If dropped, the baton shall be recovered by whom?
 - a. The outgoing runner
 - b. Incoming runner
 - c. The receiver
 - d. The coach
11. A 4x100M relay team can be disqualified if the
 - a. baton falls during the takeover and is picked up by the outgoing runner.
 - b. outgoing runner takes off outside the 30m zone.
 - c. incoming runner takes his checkmark outside of the 30m zone.
 - d. outgoing runner drops the baton in the 20m zone, retrieves it and continues to run.
12. In the 4x400m relay what distance must the team run in assigned lanes?
 - a. 500m
 - b. 300m
 - c. 250m
 - d. 400m
13. The standing start is used for which event?
 - a. 100m
 - b. 4x400m
 - c. 1500m
 - d. 400m
14. The standard adjustment of the starting blocks used in the bunch start is:
 - a. 1 foot length and 2 feet length.
 - b. 2 feet lengths and 1.5 feet lengths.
 - c. 1.5 feet lengths and 2 feet lengths.
 - d. 2 ½ feet lengths and 1 foot length.
15. Some biomechanical drills are:
 - 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, knee-up claw, bounding, butt kicks.

16. The athlete achieves greatest acceleration in a short sprint race (100) in the
- first 60m.
 - entire race.
 - fast long strides from the blocks.
 - emphasis on a short recovery phase.
17. A runner is disqualified if he completes his race
- despite stepping on either line on the straight without obstructing his fellow competitors.
 - making a little step in the inside line of his lane on the curve.
 - making a little step on the outside line of his lane on the curve and not obstructing any other runner.
 - jogging across the finish line.
18. The takeover zone in the 4x100m relay is _____ in length.
- 10m
 - 20m
 - 30m
 - 15m
19. The standing and crouch starts are used for which events?
- 100m and 1500m
 - 5000m and 400m
 - 50m and 110m hurdles
 - 800m and 1500m
20. The angle of the legs in the rear and front block are
- 90 degrees and 130 degrees.
 - 130 degrees and 120 degrees.
 - 130 degrees and 90 degrees.
 - 110 degrees and 60 degrees.
21. The handing off of the baton in the 4x400m relay is described as
- nonvisual exchange.
 - visual exchange.
 - upsweep pass.
 - down sweep Pass.
22. The athlete is said to complete a race the moment his _____ crosses the finish line.
- foot
 - torso
 - chest
 - hand

23. The action of the arms in middle distance running should be
- unnatural and relaxed.
 - low and relaxed.
 - high and natural.
 - natural and relaxed.
24. How many times must the paddle be shown before a disqualification in race walking is made?
- Three
 - Four
 - Two
 - Five
25. In the sprint hurdles, how many strides are taken between hurdles?
- Two strides
 - Five strides
 - Four strides
 - Three strides
26. All hurdlers should have
- good hip flexibility.
 - average flexibility.
 - consistency.
 - large muscles.
27. In the set position the athletes' hips move in a sequence. Identify this sequence.
- Backward and up
 - Forward and up
 - Up and forward
 - Up and backward
28. What are the distances covered by elite race walkers?
- 10km – 15km
 - 20km – 50km
 - 10km – 20km
 - 20km – 40km
29. For efficiency in the movements of the race walker he/she must
- have flexibility in their waist.
 - continue moving forward naturally.
 - have good co-ordination between hand, hip and steps in a line maintaining their rhythm.
 - continue movement from side to side.

30. 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 clear?
- 80
 - 100
 - 8
 - 10

SECTION B

Answer ALL questions in this section. [10 marks]

Select the correct response by placing the letter from the table in the spaces provided.

A) 9	B) 100m	C) flexing at knee	D) 130 degrees	E) 1.067m
F) 40M	G) 400m	H) 28-30cm length	I) 9.14m	J) 0.762m
K) 20m	L) 10m	P) 3	N) 0.840m	O) 10
M) elongated start				

- In the race walking event there are a maximum of _____ judges. [1 mark]
- The internationally accepted height for the 100m /hurdle is _____. [1 mark]
- The distance between hurdles in the 110m/ race is _____. [1 mark]
- In the 4x100m relay the baton is changed over _____ times. [1 mark]
- What is the distance from the last hurdle to finish in the 400m/h? _____. [1 mark]
- Identify the correct measurements for the length of the relay baton _____. [1 mark]
- _____ is a crouch technique. [1 mark]
- _____ is a race walk violation. [1 mark]
- The height of the 400m/hurdles for women is _____. [1 mark]
- The standard size of an outdoor track is _____. [1 mark]

SECTION C

Answer ALL questions in this section. [20 marks]

1. Give THREE training characteristics you would look for in selecting athletes for your middle and long distance programmes. [3 marks]
2. Explain the use of *acceleration zone* in the 4x100m relays. [2 marks]
3. State any THREE ways in which a relay team can be disqualified from an event. [3 marks]
4. Explain what happens in the “Set” position. [2 marks]
5. Describe the “On your Marks” position [4 marks]
6. Explain the reaction of an athlete on the command of the gun in using the crouch start. [2 marks]
7. Outline FOUR qualities you would look for in selecting athletes for the 4x100m relay team. [2 marks]
8. Name TWO competition rules for the hurdles event. [2 marks]

SECTION D

Answer any FOUR questions in this section. [40 marks]

1. Explain FIVE teaching progression for doing the race walk. [10 marks]
2. If you were teaching “The Sprints,” to a group of grade 7 students, explain the step by step progression you would employ. [10 marks]
3. The relays have given Jamaica a lot of glory at most International Meetings. Explain the progression you would use to teach beginners the “Down sweep,” technique to a group of grade 10 students. [10 marks]
4. “The Hurdles” is said to be a technical event. Explain the approach, action of the trail leg, the lead leg, in running between the hurdles and the finish. [10 marks]
5. Explain FIVE basic steps in teaching hurdling. [10 marks]
6. Name and describe any TWO middle distance training methods. [10 marks]

END OF EXAMINATION

