

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

MAY 2017 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

**TRACK & FIELD 2 [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 – [40 MARKS]

Answer any FOUR questions in this section.

EITHER

1. Select any track event and use the following information to outline a macrocycle with main competition. Then choose any mesocycle from the preparation phase, and a micro cycle from that phase and write the distribution of physical workload for your athlete. Please indicate the following in your response.

- Name
- Sex
- Chronological Age
- Training Age
- Event
- PR
- Phase

[10 marks]

OR

2. You were employed as a Field Events Coach at a newly built high school in your community. You were asked to provide a training plan that can be used as a model for the development of your area of specialization. Using the ISSA Boys and Girls Championships as your main competition, outline a macrocycle, then select a micro cycle from the specific phase and write the distribution of physical workload for your athlete. Please indicate the following in your response.

- Name
- Sex
- Chronological Age
- Training Age
- Event
- PR
- Phase

[10 marks]

3. Using your knowledge of planning training programs, choose any event in track and field and explain the target energy systems and how they are developed during the different phases of the macrocycle, allowing the athletes to display greater levels of efficiency in performance.

[10 marks]

4. List the teaching progressions with THREE relevant activities for each phase that you would use to teach/coach ANY TWO of the disciplines below. The selected activities would also correct main faults.

- Long Jump
- 100m Sprints
- The discus event
- 800m

[10 marks]

5. Describe the phases of the hurdle clearance and explain the differences in rhythm and strategies used in the 100m/110m hurdles and 400m hurdles event. **[10 marks]**
6. The race walking event will be introduced at your High School Championships in two years time. You were asked to start the preparation with a group of 10 athletes but before this begins, you decided to give a presentation on the event, which includes an analysis of the event. Give a summary of your approach, highlighting the major technical components of the event. **[10 marks]**
7.
 - a. Explain the variations of the Crouch Start.
 - b. List at least THREE coaching points for the “ON YOUR MARKS POSITION” AND SET POSITION”.
 - c. Describe the action of the sprinter out of the blocks. **[10 marks]**
8.
 - a. State FOUR training methods utilized in middle and long distance training.
 - b. Explain their relevance in the phases of a macrocycle in contributing to the overall fitness and performance of the athlete. **[10 marks]**

SECTION B – [45 marks]

Answer ALL questions in this section.

1. Explain what should be the intention of the thrower during the power position in the Throws. **[3 marks]**
2. Long Jump techniques are identified by what the jumper does during the flight phase. List any TWO techniques that the athlete can execute. **[2 marks]**
3. Explain why a shot putter is encouraged to have a “Clean Palm Dirty Neck”? **[2 marks]**
4. State the multiple events competed for at the Olympics. State the events that make up these combined events (male and female). **[3 marks]**
5. Explain the actions of the outgoing runner 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 for men and women competed for at the Olympics. **[3 marks]**

8. Your 4x100m relay team qualified for the finals at the Penn Relays 2017, using some members of your A and B squads. How you would arrange your relay runners for the finals, incorporating the full strength of your a team? Give reasons for your choice. [6 marks]
9. Explain why the run-up in the Fosbury Flop is in a “J Shape”. [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. State the distances of the following:
a. Acceleration
b. Take Over Zone
c. Exchange zone [4 marks]
14. Explain the grip of the discus, shot, hammer and javelin throws. [4 marks]

SECTION C – [15 MARKS]

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

1. In order for the athlete to be judged to have finished a race, his
a. torso must have reached and crossed the finish line.
b. hands must have reached and crossed the finish line.
c. head must have reached and crossed the finish line.
d. feet must have reached and crossed the finish line.
2. An athlete driving out of the blocks during the start of a sprint event should be encouraged
a. to assume an upright posture in order to maintain balance.
b. to stay low as he or she accelerates.
c. to run out slowly then accelerate.
d. to swing arms across the body to maintain balance.
3. In analyzing the race walking technique we could conclude that it includes the following – double support
a. after every 3-4 strides.
b. and toe strike to heel movement.
c. and a heel strike to toe movement.
d. and bent leg.

4. The most common relays contested at international track and field meets are
 - a. 4x100m, 4x200m.
 - b. 4x100m, 4x800m.
 - c. 4x800m, 4x400m.
 - d. 4x100m, 4x400m.
5. In the 3000m 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.
6. For efficient baton passing, the incoming and outgoing runner should always ensure that they both
 - a. observe each other and wait on the signal to go into the takeover zone.
 - b. execute excellent timing and wait for the signal of the coach during training.
 - c. execute excellent timing between acceleration and baton passing in the takeover zone.
 - d. anticipate each other and pass the baton as soon as they are close.
7. In the 400m hurdles the athletes must successfully clear all hurdles in order to complete the race. In doing so what is the principal energy system that dictates the athletes' performance?
 - a. Aerobic (Krebs Cycle)
 - b. Anaerobic alactic (ATP+CP)
 - c. Aerobic (Shared -Lactic/Aerobic)
 - d. Anaerobic lactic (Glycolysis)
8. When an athlete's performance has deteriorated steadily, it is said that he is experiencing the principle of
 - a. progression.
 - b. reversibility.
 - c. variation.
 - d. overloading.
9. 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.
10. In the Reggae Marathon celebrated yearly in December under the starters 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".

11. 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.

12. To encourage the best acceleration throughout the running technique, the athlete must maximize on
 - a. moving the legs as fast as possible.
 - b. the recovery mechanism and drive phases.
 - c. leaning forward of a longer distance.
 - d. getting a good start and maintaining speed.

13. A competitor in the race walking event tries to maintain constant stride frequency by ensuring that contacts are first made with the
 - a. flat foot.
 - b. toes of the leading foot.
 - c. outside of the leading foot.
 - d. heel of the leading foot.

14. The official weights for the senior male & female hammer/shot are
 - a. 7.26 kg & 4kg.
 - b. 4 kg & 7.26kg.
 - c. 4.2 kg & 7.62 kg.
 - d. 7.62kg & 0.40 kg.

15. 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.

END OF EXAMINATION