

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION & SPORT**

**ASSOCIATE DEGREE IN COACHING**

**MAY 2022 EXAMINATION**

**TRACK & FIELD MAJOR**

**YEAR 2  
HOURS**

**TIME: 2 ½**

**INSTRUCTIONS: Answer any FOUR questions from section A and ALL questions in section B and C.**

---

**DO NOT TURN OVER UNTIL YOU ARE TOLD TO DO SO**

**SECTION A**  
**60 MARKS**

**Answer any FOUR questions in this section.**

1. Explain the energy system/s involvement with an athlete executing **ANY TWO (3)** of the events listed below, taking in 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 **ANY TWO (3)** training methods use for middle and long-distance training and explain how they contribute to overall fitness and performance of an athlete.

**[15 marks]**

3. List **FIVE (5)** components of a macro cycle and explain **ANY (2)** of these components that contributes 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 TWO (3)** 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 (4)** technical characteristics of the race-walking event and list **TWO (2)** common errors of the race walker.

**[15 marks]**

**SECTION B**  
**(SHORT ANSWER) 40 MARKS**

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 (3)** 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**



EXHIBIT A

The following information was obtained from the records of the Department of Transportation, Bureau of Motor Vehicle Safety, dated 10/15/78.

1. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with air conditioning systems.

2. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power windows.

3. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power door locks.

4. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power seats.

5. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power mirrors.

6. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power windows and power door locks.

7. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power windows and power seats.

8. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power windows and power door locks and power seats.

9. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power windows and power door locks and power seats and power mirrors.

10. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power windows and power door locks and power seats and power mirrors and power windows.

11. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power windows and power door locks and power seats and power mirrors and power windows and power door locks.

12. A list of all vehicles manufactured in the United States during the period 10/15/78 to 10/15/79, which are equipped with power windows and power door locks and power seats and power mirrors and power windows and power door locks and power seats.