

**TEACHERS COLLEGES OF JAMAICA**

**BACHELOR OF EDUCATION**

**JANUARY 2021 EXAMINATIONS**

**COMMON PAPER**

**PHYSICAL EDUCATION**

**TRACK AND FIELD 1- TRACK EVENTS**

**[PE100SEB]**

**YEAR 1**

**TIME: 2½ HOURS**

**SECONDARY**

**Instructions: Candidates are required to answer ALL questions in SECTIONS A and B  
and TWO questions in SECTION C.**

---

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

## SECTION A

Answer ALL questions in this section.

1. Athletes in a race-walking competition often commit violations. What should officials look for to ensure the rules are kept?
  - a) Running and skipping
  - b) Loss of contact with the ground and flexion of the front support leg
  - c) Walking in a line and loss of contact with the ground
  - d) Continuous contact with the ground and no flexion of the front support leg
  
2. In a race-walking event, there is a minimum of \_\_\_\_\_ judges.
  - a) 5
  - b) 9
  - c) 6
  - d) 10
  
3. For efficiency in movements, the race walker must
  - a) have good co-ordination between hand, hip and steps in a line maintaining their rhythm.
  - b) have flexibility in their waists and must be able to walk as fast as possible over distance.
  - c) continue moving forward naturally at varied pace.
  - d) continue moving from side to side to gain advantage over competitors.
  
4. What are the distances over which elite male and female race walkers compete?
  - a) 20km – 40km
  - b) 20km – 50km
  - c) 10km – 15km
  - d) 10km – 20km
  
5. In race walking, when a judge is not completely satisfied that an athlete is fully complying with Rule 230.2 of the IAAF regulations, he should, where possible, show the athlete a
  - a) yellow paddle.
  - b) red paddle.
  - c) green card.
  - d) white card.
  
6. An athlete is disqualified in race walking when
  - a) three yellow cards from three different judges have been sent to the chief judge.
  - b) three yellow cards from the same judge have been sent to the chief judge.
  - c) three red cards from three different judges have been sent to the chief judge.
  - d) three red cards from the same judge have been sent to the chief judge.

7. In all middle and long-distance races, the starting orders are
  - a) on your marks, go.
  - b) set, go.
  - c) to the line, go.
  - d) get ready, go.
  
8. The athlete is said to complete a race the moment his \_\_\_\_\_ crosses the finish line.
  - a) hand
  - b) foot
  - c) torso
  - d) head
  
9. The Olympic distance for men's and women's steeple chase event is
  - a) 3000m
  - b) 2000m
  - c) 4000m
  - d) 1600m
  
10. Long distance events contested by both male and female athletes include
  - a) 400m, 800m, 1500m.
  - b) 3000m, 1500m, 2000m.
  - c) 800m, 1500m, 3000m.
  - d) 3000m, 5000m, 10,000m.
  
11. The 3000m steeple chase event is completed when the athlete legally executes the clearance of
  - a) 34 barriers and 2 water jumps.
  - b) 28 barriers and 7 water jumps.
  - c) 35 barriers and a water jump.
  - d) 7 barriers and 7 water jumps.
  
12. In order to be an efficient middle and long-distance runner, you must
  - a) develop a fast and aggressive rhythm at the start.
  - b) run on heel to ball only to maintain pace.
  - c) run on the ball only and pace yourself over the distance.
  - d) run economically on heel to ball and on ball when required.
  
13. For which event is the standing start used?
  - a) 100m
  - b) 4X400m
  - c) 400m
  - d) 1500m

14. The athlete achieves greatest acceleration in a short sprint race (100m) in
  - a) the entire race.
  - b) the first 30m.
  - c) the first 60m.
  - d) a closed finish.
  
15. The crouch start technique can be executed with different variations, which are
  - a) medium, bullet and short.
  - b) elongated, medium and bunch.
  - c) bullet, straight and medium.
  - d) bunch, medium and shorts.
  
16. The angles of a sprinter's legs in the front and rear blocks during the set position are
  - a) 90 degrees and 130 degrees.
  - b) 130 degrees and 120 degrees.
  - c) 90 degrees and 120 degrees.
  - d) 110 degrees and 60 degrees.
  
17. In the *set position* of crouch start, the athlete has
  - a) 5 points of contact with the ground.
  - b) 2 points of contact with the ground.
  - c) 3 points of contact with the ground.
  - d) 4 points of contact with the ground.
  
18. The third leg runner on the 4 X 100m team should
  - a) be a fast starter and a good passer.
  - b) run the straight very well and be a good passer.
  - c) pass and receive well and run the curve very well.
  - d) great finisher and receive very well.
  
19. Continuous and tempo runs are mainly used to develop
  - a) sprinters.
  - b) middle distance athletes.
  - c) long jumpers.
  - d) hurdlers.
  
20. The second leg runner in the 4x400m relay is required to change lanes after he has run
  - a) 100m of the race.
  - b) 300m of the race.
  - c) 200m of the race.
  - d) 500m of the race.



21. In the 4x400m relay, what distance must the team run in assigned lanes?
- 500m
  - 400m
  - 300m
  - 250m
22. Important teaching points for the visual pass are
- to sprint off and wait for the command (outgoing runner).
  - that the receiver stands and waits for the baton.
  - that the coach gives the signal when the baton should be passed.
  - to collect the baton in the left hand after 3 or 4 strides.
23. If the baton falls during the pass, who should pick it up to complete the pass?
- The outgoing runner
  - Incoming runner
  - The track umpires
  - The coach
24. A 4X100M relay team will be disqualified if
- the baton falls during the pass and is handed to the outgoing runner by the official.
  - the incoming runner takes his checkmark inside of the 30m zone.
  - the outgoing runner takes off inside the 30m zone.
  - the outgoing runner drops the baton, retrieves it and continues to run.
25. In the 4X400m relay the third and fourth leg runners are lined up as they await the baton according to the order in which the teams
- enter the home stretch.
  - passes the 200m mark.
  - enter the change- over zone.
  - are in their original lane assignment.
26. The handing off of the baton in the 4x100m relay is described as a
- nonvisual pass.
  - upsweep pass.
  - visual pass.
  - down sweep pass.
27. In the sprint hurdles, how many strides are taken between hurdles?
- Two strides
  - Three strides
  - Four strides
  - Five strides.

28. To be an efficient hurdler, you must have
- a) average flexibility, agility and endurance.
  - b) consistency, strength and agility.
  - c) good hip flexibility, speed and rhythm.
  - d) large muscles, rhythm and speed.
29. In all hurdles finals each athlete must clear
- a) 8 flights of hurdles.
  - b) 12 flights of hurdles.
  - c) 20 flights of hurdles.
  - d) 10 flights of hurdles.
30. The international accepted height for the 100m and 110m hurdles are
- a) 0.762m and 0.840m.
  - b) 0.762m and 1.067m.
  - c) 0.840m and 1.067m.
  - d) 1.067m and 0.762m.

### **SECTION B**

**Answer ALL questions in this section**

1. State THREE coaching points that will help the race walker to develop long efficient strides. (6 marks)
2. Explain the use of the new relay box set up and the significance of the check mark. (6 marks)
3. Describe the body in the 'Set' position of the crouch start and explain the significance of the ideal hip position. (6 marks)
4. State THREE qualities that are suitable for an athlete for the middle/ long distance events. Explain the importance of these qualities to the athletes' performance. (6 marks)
5. a) What are the standard distances for male and female Sprint hurdles events respectively? (2 marks)  
b) Describe the actions of the legs in the hurdle clearance phase. (4 marks)

Total 30 marks

## SECTION C

**Answer TWO questions from this section.**

1. The hurdling technique requires high level coordination, rhythm, speed and flexibility. Describe the action of the trail leg, the lead leg, hurdle clearance, running between the hurdles and the finish to achieve optimal performance. (20 marks)
2. Jamaican athletes are recognized internationally for their efficiency in executing the “Push Pass” technique in the sprint relay. Explain the teaching progression that may be used to effectively develop this technique among a group of students. (20 marks)
3. Outline the step-by-step progression that should be followed when teaching Race Walking. The coaching points for each phase of the technique must be stated. (20 marks)
4. Physical Education teachers normally follows a sequence when teaching different events. Explain the teaching progression that would be most appropriate to ensure learning of the correct technique for the Sprint events. (20 marks)

(Total 40 marks)

**END OF EXAMINATION**

