

TEACHERS COLLEGES OF JAMAICA

BACHELOR OF EDUCATION

JANUARY 2021 EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

TRACK AND FIELD 1- FIELD EVENTS

[PE112SEB]

YEAR 1

TIME: 2½ HOURS

SECONDARY

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

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

SECTION A (30 marks)

Answer ALL questions in this section.

1. How many attempts are jumpers allowed in the elimination round of the ISSA Boys' and Girls' athletics Championship?
 - a) 3 jumps
 - b) 4 jumps
 - c) 5 jumps
 - d) 6 jumps

2. During which phase of the long jump are athletes required to transfer horizontal velocity into vertical velocity?
 - a) Approach
 - b) Take-off
 - c) Flight
 - d) Landing

3. What is the objective of the approach phase when executing the long jump?
 - a) To maximize on the height of the jump
 - b) To maximize vertical velocity and reduce the loss in horizontal velocity
 - c) To obtain optimal controllable velocity along a horizontal plane
 - d) To ensure adequate momentum for the landing

4. The main objective of the jumper for the grip and carry in the pole vault is to
 - a) maximize bar clearance.
 - b) hold the pole correctly for the approach run.
 - c) keep the body upright.
 - d) execute a clear and efficient jump.

5. Teaching safety to a high jumper in the landing phase would be to
 - a) teach to land flat on the back.
 - b) teach to land in the most comfortable way.
 - c) teach to optimize maximum height before landing.
 - d) teach landing on the shoulders and upper back.

6. At the intercollegiate championships, two competitors had the same distance in the finals of the long jump. How is the tie broken?
 - a) Allow the competitors two or more jumps
 - b) Spin a coin to decide a winner
 - c) Use the next best distance
 - d) Have three more jumps for both jumpers

7. How is the distance gained by a horizontal jumper measured?
 - a) From end, nearest to the run-up to the break line in the pit
 - b) From edge of the pit to the break line in the sand
 - c) From the break line in the pit to the front edge of the take-off board
 - d) from farthest end of the pit to the back of the take-off board
8. In the Fosbury flop technique, how should the approach run be executed?
 - a) Straight for all the fourteen strides
 - b) Curved for the first half then straight
 - c) Diagonal from the left side
 - d) Straight for the first half, then curved
9. What should be the main goal of a pole vaulter in the takeoff phase?
 - a) To maintain a very good balance in the process
 - b) To freeze on the pole in the landing position
 - c) To keep the lowered body position
 - d) Transfer energy to the pole
10. Which of the following phases immediately follow the approach phase when executing the pole vault?
 - a) Stretch turn, bar clearance
 - b) Plant, bar clearance
 - c) Plant, stretch turn
 - d) Bar clearance, landing
11. In a championship event, how many failed attempts is an athlete allowed in the pole vault before he or she exits the competition?
 - a) 2
 - b) 3
 - c) 4
 - d) 5
12. A legal attempt in the triple jump consists of
 - a) run, hop, step, step, and land.
 - b) hop, hop and jump.
 - c) hop, step, and jump.
 - d) step, hop, step, and jump.
13. The maximum distance of the take-off board from the pit for the men's and women's triple jump is
 - a) 9m – 11m.
 - b) 12m – 14m.
 - c) 11m – 13m.
 - d) 10m – 12m.

14. In completing the triple jump, the first contact made in the sand pit should be made with the
- heel.
 - side of foot.
 - toe.
 - back.
15. The maximum length of the take-off board used for the triple jump should be
- 1.22m.
 - 1.24m.
 - 1.26m.
 - 1.28m.
16. A legal throw is executed in the javelin event when the javelin
- digs out a hole in the ground outside the sector
 - lands on the tail then the point inside the sector
 - makes an impression in the ground inside the sector.
 - drops flat and then makes a mark inside the sector.
17. The javelin weights for senior women and men are
- 600g and 800g.
 - 700g and 800g.
 - 800g and 900g.
 - 900g and 1000g.
18. A foul is NOT committed when throwing the javelin if
- the implement falls in the sector without creating an impression.
 - the implement falls completely outside the sector.
 - the implement stick into the ground slightly outside the sector.
 - the point of the implement touches the ground in the sector and create an impression.
19. In executing the javelin throw the withdrawal phase begins
- after four crossoversteps.
 - after three cross oversteps.
 - at the start of the cross-over step.
 - before the start of the cross oversteps.
20. Which of the following number of cross oversteps is highly recommended for a non-elite javelin thrower?
- 1-2 cross steps
 - 3-5 cross oversteps
 - 6 cross oversteps
 - 7 crossover steps

21. The teaching progression for the shot-put, throw should start with
 - a) glide, safety, and grip.
 - b) grip, stance, and release.
 - c) stance, grip, and release.
 - d) safety, grip, and rotation.

22. Which of the following techniques are used in the execution of the shot-put event?
 - a) Rotational and glide
 - b) Stance, release, and grip
 - c) Glide Spin and Turns
 - d) Swings and glide

23. When executing the full turn for the shot-put event the objective of the double support landing is to ensure that the thrower lands properly in the
 - a) initial position.
 - b) power position.
 - c) reverse position.
 - d) frontal position.

24. During which phase of the discus throw is additional velocity transferred to the implement?
 - a) Preparation
 - b) Momentum Building
 - c) Recovery
 - d) Delivery

25. Throwing events have two double support phases. During which phases of the discus throw are the moments manifested?
 - a) Recovery and delivery
 - b) Momentum building and preparation
 - c) Preparation and delivery
 - d) Preparation and momentum building

26. Some throwing implements have aerodynamic qualities. Which of the following two are mostly affected by environmental factors?
 - a) Hammer and Javelin
 - b) Hammer and Shot
 - c) Discus and Javelin
 - d) Shot and Javelin

27. When executing the shot put the competitor assumes the power position
 - a) between the momentum and the delivery phase.
 - b) at the start of the preparation phase.
 - c) at the recovery phase.
 - d) between the preparation and the momentum building phase.

28. During the swing of the hammer throw, when is the hammer head at its lowest point?
- Behind the head of the thrower
 - On the left side of the thrower
 - On the right side of the thrower
 - In front of the thrower
29. The dimensions for the hammer circle are the same as
- the shot-put.
 - the discus.
 - the discus and shot-put circle.
 - the javelin.
30. To ensure that participants are safe during Hammer throw events, the safety measures must be emphasized
- only at the beginning of the class or session.
 - after the class or session is finished.
 - before and during the class or session.
 - only if there is an accident in the class or session.

SECTION B

Answer ALL questions in this Section.

- List THREE safety measures that should be employed in the throws and THREE for jumps. (6 marks)
- State FOUR competition rules that govern jumping events. (4 marks)
- State FOUR teaching progressions that are common to all throws. (4 marks)
- Briefly explain the technique of the approach for the javelin. (5 marks)
- List FOUR teaching progressions for the high jump event. (4 marks)
- Briefly explain *bar clearance* in the Fosbury flop technique of the high jump. (5 marks)
- Briefly explain the *hop phase* of the triple jump. (2 marks)

Total 30 marks

SECTION C

Answer TWO questions from this Section.

1. The javelin has various technical components, explain each of the following:
 - i. Grips,
 - ii. Approach,
 - iii. Withdrawal,
 - iv. Cross-over steps
 - v. Power position. (20 marks)

2. The shot-put event has various technical components, explain each of the following:
 - i. Grip
 - ii. Movements in the rotational or glide technique
 - iii. Power position
 - iv. Release
 - v. Recovery. (20 marks)

3. Describe the following in the Fosbury flop technique of the high jump
 - i. Approach
 - ii. Take-off
 - iii. Flight
 - iv. Bar clearance
 - v. The landing. (20 marks)

4. Describe technical characteristics for the following phases of the long jump:
 - i. Approach
 - ii. Take off
 - iii. Flight
 - iv. Landing (20 marks)

5. Explain the teaching progression necessary for the proper execution of the pole vault. (20 marks)

Total 40 marks

END OF EXAMINATION

