

TEACHERS COLLEGE OF JAMAICA

BACHELOR OF EDUCATION

DECEMBER 2018 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

TRACK & FIELD 1 – FIELD EVENTS

[PE112SEB]

**YEAR 2
SECONDARY**

2 ½ HOURS

INSTRUCTION: Answer ALL questions in Sections A and B and FOUR questions in Section C.

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

SECTION A

Answer ALL questions in this section by circling the most appropriate response to each of the items.

1. Teaching safety to a high jumper in the landing phase would be
 - a) teaching to land on the shoulders and back.
 - b) teaching to land flat on the back.
 - c) instructing to land in the most comfortable way.
 - d) teaching him/her to optimize maximum height.

2. In the Flossbury flop technique, the run-up should be
 - a) straight for all the fourteen strides.
 - b) straight for the first half, then curved.
 - c) diagonal from the left side.
 - d) curved for the first half then straight.

3. A legal attempt in the triple jump consists of
 - a) hop, hop, step and jump.
 - b) run, hop, step, step and land.
 - c) hop, step and jump.
 - d) hop, step, and lump.

4. In the horizontal jump the measurement is taken from the
 - a) nearest break line in the pit to the front edge of the take-off board along a perpendicular line.
 - b) edge of the pit to the break line in the sand.
 - c) end nearest to the run-up to the break line in the pit.
 - d) farthest end of the pit to the back of the take-off board.

5. A jump is considered legal when the athlete makes an impression in the sand
 - a) with heel first and then buttocks.
 - b) after a legal take-off and exit in the direction of the take-off board.
 - c) and exited the side of the pit.
 - d) after a legal take-off and exit the side of the pit.

6. In completing a horizontal jump, the first contact with the ground should be made with the
 - a) toe
 - b) heel
 - c) back
 - d) side of foot then heel

7. The objective of the approach phase in the long jump is to
- gain maximum controllable velocity along a vertical plane.
 - maximize on the height of the jump.
 - maximize vertical velocity plus reduce the loss in horizontal velocity.
 - gain maximum controllable velocity along a horizontal plane.
8. Which phase in the long jump requires the athlete to gain vertical velocity and reduce the loss of horizontal velocity?
- Landing
 - Flight
 - Take-off
 - Approach
9. You were employed as a physical education teacher at a high school in Antigua and you are about to have your first class teaching the pole vault event. What aspect should be taught first?
- Landing on the mat
 - Grip and carry of the pole
 - Take-off with the pole
 - Bar clearance with the pole
10. The main objective of the jumper for the grip and carry in the pole vault is
- to hold the pole correctly for the approach run.
 - to keep the body upright.
 - to execute a clear and efficient jump.
 - to maximize bar clearance.
11. Which three are the most appropriate biomechanical aspects that determine the result of a throw or jump?
- Speed, strength, power
 - Velocity, height, speed
 - Angle, height, speed
 - Height, speed, strength
12. During class/training, the left handed thrower/s should be placed _____ of the line.
- on the left
 - in the middle
 - on the right
 - in front of the throwers
13. The teaching progression for all the throws should start with
- safety, general notion and release.
 - stance, release and grip.
 - general notion, safety and grip.
 - grip, stance and release.

14. The momentum building phase of the discus throw involves
- the grip and stance.
 - turn and acceleration of the lower body of the thrower.
 - delivery and follow through.
 - recovery phase.
15. The power position is the link between
- the momentum building and delivery phase.
 - the delivery and recovery phase.
 - the preparation and delivery phase.
 - momentum building and recovery phase.
16. In coaching or teaching the throws and jumps safety should be taught and reinforced
- only at the beginning of the class or session.
 - after the class or session is finished.
 - only if there is an accident in the class or session.
 - before and during the class or session.
17. To enhance the learning curve of students/athletes the throws and jumps are taught using
- implements.
 - the correct teaching progressions appropriate for the type of throw.
 - Olympic athletes as reference.
 - heavy implements to slow the athlete down first as they learn.
18. The time permitted for executing a throw or jump in all competitions is
- 60 seconds.
 - 75 seconds.
 - 40 seconds.
 - 70 seconds.
19. During the World Championships in athletics, the throwers and jumpers are allowed the following number of attempts in the elimination round.
- 3
 - 6
 - 4
 - 5
20. A legal throw in the shot put event is measured from the point where it makes its
- last contact to the stop board.
 - first contact to the back of the circle.
 - first contact in addition to where it stops to the stop board.
 - first contact to the internal border of the stop board.
21. During which phase of all the throws is additional velocity transferred to the implement?
- Preparation
 - Delivery
 - Recovery
 - Momentum Building

22. During the Intercollegiate Athletic Championships, our leading javelin thrower made his final attempt and during flight the javelin was broken. What would be the correct decision of the officials?
- Reward him a second throw/attempt.
 - Complete their task by measuring the actual distance.
 - Put the javelin back together and let him throw.
 - Consider the throw a foul and move on.
23. Based on the aerodynamic qualities of the various throwing implements, which two are most affected by the various environmental factors?
- Hammer and Javelin
 - Shot and Javelin
 - Discus and Javelin
 - Hammer and Shot
24. In completing the throw in the javelin, the first contact with ground is made on the _____?
- toe.
 - heel.
 - toe and heel.
 - side of foot then heel.
25. A legal throw is done when the javelin
- digs out a hole in the ground.
 - lands on the tail then the point.
 - drops flat and then make a mark.
 - makes an impression in the ground with the point first.
26. The number of cross over steps highly recommended for the javelin throwers are
- 5 cross over steps.
 - 3 cross steps.
 - 7 cross over steps.
 - 4 crossover steps.
27. At the end of the Intercollegiate Athletic Championships, two competitors had the same best throw in the finals. How is the tie broken?
- Allow the competitors two or more throws
 - Spin a coin to decide a winner
 - Use the next best distance
 - Have three more throws for both throwers.
28. What are the two techniques used in the shot put event?
- Swings and glide
 - Rotational and glide
 - Glider and turns
 - Glide Spin and turns

29. In the full turn of the shot put and discus the objective of the landing/double support is to encourage the thrower to land properly in the
- power position.
 - initial position.
 - reverse position.
 - frontal position.
30. During the swing in the hammer, the hammer head is at its lowest point, (right-handed thrower)
- in the front of the thrower.
 - on the left side of the thrower.
 - on the right side of the thrower.
 - behind the head of the thrower.

SECTION B (30 marks)

Answer ALL questions from this section.

1. State FIVE safety measures in the Field Events that a teacher/coach must always be mindful of in all practical classes/training sessions. **(5 marks)**
2. Explain the technique of the release for any ONE of the four throwing events. **(5 marks)**
3. State FIVE teaching progressions used to teach the long jump using any of the jumping styles. **(5 marks)**
4. Explain what happens during the hop, step, and jump for the triple jump. **(5 marks)**
5. Throwing events use similar teaching progressions to teach each event. List FIVE that are common among the throws. **(5 marks)**
6. List FIVE competition rules that are commonly used for the throws and jumps. **(5 marks)**

SECTION C (40 Marks)

Answer **FOUR** questions from this Section.

1. Describe any **TWO** of the following technical parts of the long jump along with its objectives, using any of the jumping styles as reference: the approach, the take-off, the flight and the landing. **(10 marks)**
2. The shot put event has various technical parts. Describe any **THREE** of the following parts of this event: the grip, movements of the Turn/Glide (please indicate which technique in your response), power position-delivery and recovery. **(10 marks)**
3. The Fosbury Flop technique is unique to high jump techniques. Explain what happens during an athlete's execution of the jump. **(10 marks)**
4. Describe what happens in any **THREE** of the following parts of throwing the discus: the grip, preparation phase, momentum building phase, Power position-delivery and recovery. **(10 marks)**
5. The triple jump has various technical parts. Explain any **TWO** the following: the approach, the hop, step and jump, the take-off, the flight and the landing. **(10 marks)**
6. To be successful in the javelin throw the athlete has various technical parts that he has to master. Describe any **THREE** of the following: one of the grips, the approach, withdrawal, cross-over steps and power position. **(10 marks)**

END OF EXAMINATION

