

TEACHERS COLLEGE OF JAMAICA

BACHELOR OF EDUCATION

MAY 2016 – EXAMINATIONS

COMMON PAPER

PHYSICAL EDUCATION

TRACK & FIELD 1 – FIELD EVENTS

[PE112SEB]

**YEAR 1
SECONDARY**

2 HOURS

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

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

SECTION A

Answer ALL questions in this section on the question paper by circling the letter that indicates the best response to each question.

1. The maximum allowed thickness of a takeoff board is
 - a) 13 mm.
 - b) 12 ½ mm.
 - c) 10 mm.
 - d) 8mm.

2. A 'Legal Jump' is when the athlete jumps from
 - a) behind the foul line.
 - b) on the foul line.
 - c) center of the foul line.
 - d) beyond the foul line.

3. In High Jump the athlete must take off on
 - a) both feet.
 - b) one foot.
 - c) however he/she feels
 - d) none of the above.

4. In High Jump the athlete has _____ attempts to clear the crossbar at a particular height.
 - a) three
 - b) four
 - c) two
 - d) one

5. In a Long Jump event, the distance or the jump is measured from
 - a) back edge of the foul line to the athlete's landing point.
 - b) front edge of the foul line to the athlete's landing point.
 - c) middle of the edge of the foul line to the athlete's landing point.
 - d) wherever the official said he/she saw the athlete's foot on the foul line to the athlete's landing point.

6. In a Long Jump event, the athlete's foot
 - a) may cross the edge of the foul line.
 - b) only the left foot is allowed to cross the edge of the foul line.
 - c) no part of the athlete's foot may cross the edge of the front line.
 - d) only the right foot is allowed to cross the edge of the foul line.

7. In international track and field events a long jumper has _____ attempts for his/her best legal jump to be registered.
- a) two
 - b) four
 - c) three
 - d) one
8. A definition for Discus is
- a) a conversation between two or more individuals.
 - b) expressing one's feelings openly.
 - c) a forum which athletes can voice their concerns about issues affecting them.
 - d) a heavy thick-centred disc thrown by athletes in field events.
9. The javelin is an aerodynamic implement which consists of the following
- a) a sharp point.
 - b) sharp point and tail only.
 - c) an 8 ½ feet long spearlike wooden shaft.
 - d) none of the above.
10. During a High Jump competition the post can only be moved
- a) after the first athlete fails at his/her first attempt.
 - b) when the referee states that the takeoff or landing pit is unsuitable.
 - c) it can never be during the competition.
 - d) if two athletes fail at his/her attempts.
11. An athlete will not be allowed to continue in the High Jump if
- a) he/she fails at all three attempts.
 - b) he/she fails at the first attempt.
 - c) he/she fails at the fourth attempt.
 - d) he/she clears the bar.
12. After the athlete has achieved the qualifying standard of a height in the High Jump, he/she
- a) is given two more attempts at that said height.
 - b) is given one more attempt at that said height.
 - c) will not jump that height again and must wait for the bar to be raised.
 - d) is allowed to attempt a lesser height.

13. A definition for *field event* is
- a) an event in a track meet that requires running and jumping on the track.
 - b) an event that is performed on a flat surface, where there is a lot of grass.
 - c) an event in a track meet that involves throwing something, as a discus or javelin, or jumping and is not performed on the running track.
 - d) spectators standing on field enjoying the performance of the athletes.
14. A definition for *track event* is
- a) a game which requires horses to race on a track, while spectators bid on the winner.
 - b) a competition in athletics, example sprinting, that takes place on a running track.
 - c) when Usian Bolt runs in the Olympics and other games.
 - d) games that are run by athletes at the Olympics level.
15. What is the first technique taught in High Jump?
- a) Vault technique.
 - b) Hang technique
 - c) Fosbury technique
 - d) Straddle technique
16. The three commands used in High Jump in the correct sequence are
- a) on deck, up and in the hole.
 - b) up, on deck and in the hole.
 - c) in the hole; up and on deck.
 - d) up, on deck and in the hole.
17. In a High Jump event the crossbar at the beginning of the competition is normally set at
- a) the length of man's foot.
 - b) the length of a woman's foot.
 - c) a height decided by the athletes.
 - d) a height announce by the chief judge.
18. Which of the following is NOT a phase of Long Jump?
- a) Acceleration
 - b) Approach
 - c) Flight
 - d) Landing

19. Which is the correct weight of the senior women's *shot*?
- a) 7.26kg
 - b) 5kg
 - c) 4.68kg
 - d) 4kg
20. Which of the following is a safety measure of the Discus event?
- a) Event must be done under non-slip condition
 - b) Lose clothing is unsuitable
 - c) Throw must be done from a cage.
 - d) All the above.
21. Which of the following is NOT considered a failure in the Pole Vault?
- a) The crossbar does not remain on pegs due to competitor action while vaulting
 - b) The competitor touches the area beyond vertical plane of the upper part of the stop board without first clearing the bar.
 - c) The competitor runs outside the white lines marking the runway
 - d) During the vault, the vaulter steadies or replaces the bar with his or her hand(s)
22. The Inspector of Implements shall be responsible for all the following EXCEPT
- a) weighing and measuring competition implements.
 - b) releasing the failed implements prior to competition.
 - c) placing a designation mark on each passed implement.
 - d) certifying additional implements between qualifying rounds and in competition proper.
23. Which of the following is a technique of Shot Put?
- a) Glide
 - b) Hang
 - c) Scissor
 - d) Sail
24. Which of the following is a technique of Discus throw?
- a) Glide
 - b) Hang
 - c) Turn
 - d) Sail

25. What are the respective weights of the Discus for male and female competitors?
- a) 1.75kg and 2kg
 - b) 2kg and 1.75kg
 - c) 2kg and 1kg
 - d) 1kg and .5kg
26. _____ is a grip technique used in Javelin.
- a) Finnish
 - b) Glide
 - c) Hitch Kick
 - d) Single finger
27. _____ is a technique used in Long Jump.
- a) Sail
 - b) Straddle
 - c) Eagle
 - d) Claw
28. What is the diameter of the Discus circle?
- a) 3m
 - b) 2.57m
 - c) 2.135m
 - d) 2m
29. How many attempts/throws does a competitor in Discus have in each round of the competition?
- a) 5
 - b) 4
 - c) 3
 - d) 2
30. What are the respective weights of the Javelin for male and female competitors?
- a) 800g and 700g
 - b) 800g and 600g
 - c) 700g and 600g
 - d) 600g and 700g

SECTION B - (30 marks)

Answer ALL questions in this section.

1. Triple Jump is an Olympic event that requires speed, good technique and power.
 - a. State ONE rule of triple jump. (1 mark)
 - b. Name and describe THREE techniques used in Triple Jump. (9 marks)

2. Safety of our students is important in our classes. State FIVE measures we should practice when throwing the Shot. (10 marks)

3. The following are to be found in the competition area in the Shot Put event. Describe briefly these areas.
 - a) The Implement (2 marks)
 - b) The Throwing Circle (3 marks)
 - c) The Throwing Sector (2 marks)
 - d) The Stop Board (3 marks)

SECTION C - (40 marks)

Compulsory question.

1. Outline the teaching progression to be used when teaching any FOUR of the following skills to a group of high school students.
 - a) Shot Put
 - b) Discus
 - c) Pole Vault
 - d) Triple Jump
 - e) Hammer
 - f) Long Jump

END OF EXAMINATION

