

**TEACHERS COLLEGES OF JAMAICA
BACHELOR OF EDUCATION**

MAY 2016 EXAMINATIONS

PHYSICAL EDUCATION

TRACK & FIELD LEVEL 2

[PE310SEB]

**YEAR 4
SECONDARY**

TIME: 3 HOURS

INSTRUCTIONS: Answer ALL questions in Sections A and B, and any FOUR questions from Section C.

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

SECTION A

Circle the letter which indicates the best response.
[15 marks]

1. At the start of a sprint event the athlete should be encouraged to
 - a) assume an upright posture in order to maintain balance.
 - b) stay low as he or she accelerates.
 - c) run out slowly then accelerate.
 - d) swing arms across the body to maintain balance.

2. The relays contested at the Olympic games are
 - a) 4 x 100m, Medley.
 - b) 4 x 800m, 4 x 1500m.
 - c) 4 x 100m, 4 x 400m.
 - d) 4x 800m, 4 x 100m.

3. In the 3000m steeple chase event, legal clearance of obstacles is when the athlete goes over
 - a) 7 barriers and through 4 water jumps.
 - b) 7 barriers and through 7 water jumps.
 - c) 28 barriers and through 7 water jumps.
 - d) 34 barriers.

4. The race walking technique includes double support
 - a) after every 3-4 strides.
 - b) and toe strike to heel movement.
 - c) and bent leg.
 - d) and a heel strike to toe movement.

5. For efficient baton exchange, the incoming and outgoing runner should ensure that they both
 - a) execute excellent timing between acceleration and baton passing in the takeover zone.
 - b) observe each other and wait on the signal to go into the takeover zone.
 - c) execute excellent timing and wait for the signal of the coach during training.
 - d) they both anticipate each other and pass the baton as soon as they are close.

6. In the 400m hurdles the athletes must successfully clear all hurdles in order to complete the race. How many flights of the hurdles they will have to negotiate?
 - a) 80
 - b) 100
 - c) 8
 - d) 10

7. In the withdrawal of the Javelin which of the following occurs?
 - a) The thrower changes from a frontal to a side-on position with Javelin held back at shoulder height with the tip down.
 - b) The thrower changes from a frontal to a side-on position with the Javelin held back at shoulder and even level.
 - c) The thrower changes from a frontal to a side-on position with the Javelin held below shoulder level, with tip over the head.
 - d) The thrower withdraws the Javelin at the beginning of run-up to ensure he gets the right angle of release.

8. Which of the following is a common practice done after a competition?
 - a) Do more work out in the gym due to the lack of strength displayed in competition.
 - b) Review physical and tactical performance to ensure greater success for upcoming events.
 - c) Make sure that the warm-up for the next session is greater and hydrate the body to reduce quick fatigue.
 - d) Heighten your mental preparation and rest before you restart training.

9. In the *Reggae Marathon* celebrated each December, under the starter's command the athletes will hear the following
 - a) three different tones.
 - b) "to the line", "set", "go".
 - c) "set", "go".
 - d) "on your marks", "go".

10. In the sprint events the most important factors to obtain maximum velocity include
 - a) stride, length and frequency.
 - b) stride length and technique.
 - c) stride length, frequency and coordination.
 - d) frequency and perfect shin angle.

11. Running in a person's lane can
 - a) warrant a disqualification if there is interference.
 - b) be an accepted rule in track and field.
 - c) be an option for smaller and younger athletes.
 - d) warrant a disqualification.

12. The official weights for the senior male & female hammer are
 - a) 7.26 kg & 4 kg.
 - b) 4 kg & 7.26 kg.
 - c) 4.2 kg & 7.62 kg.
 - d) 7.62 kg & 0.40 kg.

13. A legal throw is when
 - a) the implement touches the outer part of sector line.
 - b) the thrower touches the outer part of the circle.
 - c) the implement falls within the sector.
 - d) part of your foot touches the circle on or before the throw.

14. In the *race walk* contact is first made with the
 - a) flat foot.
 - b) toes of the leading foot.
 - c) heel of the leading foot.
 - d) outside of the leading foot.

15. In order for the athlete to be judged to have finished a race his
 - a) hands must have reached the vertical plane of the nearer edge of the finish line.
 - b) head must have reached the vertical plane of the nearer edge of the finish line.
 - c) torso must have reached the vertical plane of the nearer edge of the finish line.
 - d) feet must have reached the vertical plane of the nearer edge of the finish line.

SECTION B

Answer ALL questions in this section.

[45 marks]

1. Describe what happens during the *power position* in the throws. **(3 marks)**
2. List TWO flight techniques used in the long jump. **(2 marks)**
3. Explain what is meant by the saying “Clean Palm Dirty Neck.” **(2 marks)**
4. State the combined events competed for at the Olympics. State the events that make up these combined events (male and female). **(3 marks)**
5. Explain the actions of the athlete during the 4x100m relays in the acceleration and take-over zone. **(3 marks)**
6. Describe the *grip* in the Pole Vault event. **(2 marks)**
7. State the *middle* and *long distance* events competed for at the Olympics. **(3 marks)**
8. How would you arrange your relay runners for the sprint and mile relays? Give reasons for your choice. **(4 marks)**
9. Explain why the run-up in the Fosbury Flop is in a “J Shape”. **(3 marks)**
10. State THREE competition rules used when judging the race walk. **(3 marks)**
11. Explain what is “Pure Acceleration” and “Maximum Velocity” **(4 marks)**
12. State THREE competition rules common across the jumping events. **(3 marks)**

13. State the distances of the following:
- a) Acceleration
 - b) Take Over Zone **[4 marks]**
14. Explain the grip of the discus, hammer and javelin. **[6 marks]**

SECTION C

[40 marks]

Answer any FOUR questions from this section.

1. Choose an event in Track & Field and use this information to outline a macrocycle with main competition, then select a micro cycle from any phase and write the distribution of physical workload for your athlete. Please indicate the following in your response:
- a) Name
 - b) Sex
 - c) Chronological Age
 - d) Training Age
 - e) Event
 - f) PR
 - g) Phase
- (10 marks)**
2. State the energy system/s that predominate/s in the following events and explain their transformation through the different phases of a macrocycle.
- a) Race walking event
 - b) Sprinting events
 - c) Middle and Long Distance events
 - d) Field events
- (10 marks)**
3. List the teaching progressions with THREE relevant activities for each phase that you would use to teach/coach any TWO of the disciplines below:
- a) The discus event
 - b) The shot put event (glide/rotational)
 - c) The javelin event
 - d) The hammer event
- (10 marks)**

4. Hurdling is a very technical event in track & field. Describe the phases of the hurdle clearance and explain the differences in rhythm and strategies used in the shorter and longer version of the hurdle events. **(10 marks)**
5. Describe the technical characteristics of the race walking event and list the common errors of the race walker. **(10 marks)**
6.
 - a) Explain the variations of the Crouch Start.
 - b) List at least THREE coaching points for the “*on your marks position*” and “*set position*”.
 - c) Describe the action of the sprinter out of the blocks. **(10 marks)**
6. State TWO training methods utilized in middle and long distance training, and explain their relevance in the phases of a macrocycle in contributing to the overall fitness and performance of the athlete. **(10 marks)**

END OF EXAMINATION