

AUGUST, 2021
EBS 129
ATHLETICS FOR BASIC SCHOOLS
2 HOURS

Candidate's Index Number:

Signature:

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
SCHOOL OF EDUCATIONAL DEVELOPMENT AND OUTREACH
INSTITUTE OF EDUCATION

COLLEGES OF EDUCATION
FOUR-YEAR BACHELOR OF EDUCATION (B.ED)
FIRST YEAR, END-OF-SECOND SEMESTER EXAMINATION, JULY/AUGUST, 2021

AUGUST 2, 2021 ATHLETICS FOR BASIC SCHOOLS 2:00 PM – 3:00 PM

This paper consists of two sections, A and B. Answer ALL the questions in Section A and TWO questions from Section B. Section A will be collected after the first ONE hour.

SECTION A

Answer ALL the questions in this Section.

For items 1 to 10, each stem is followed by four options lettered A to D. Read each item carefully and circle the letter of the correct or best option.

1. The toe-to-toe distance of the medium start is between 40-55 centimeters.
 - A. 20-35.
 - B. 30-45.
 - C. 40-55.
 - D. 50-65.

2. Which of the following activities is **not** a manipulative skill?
 - A. Balancing.
 - B. Catching.
 - C. Striking.
 - D. Throwing.

3. Which of the following officials is to ensure that the athletes' hands are placed behind the starting line before the start of the race?
 - A. The starter.
 - B. The starter's assistant.
 - C. The start coordinator.
 - D. Track judge.

4. How many false starts are competitors allowed in a race?
 - A. 1.
 - B. 2.
 - C. 3.
 - D. 4.

3. The *Foot-plant* are all parts of the phases of the movements of the *Leaping Events* except _____.

- A. Flight
- B. Take-off
- C. Recovery
- D. Landing

6. Which of the following can result in unsafe landing and injury when clearing the bar in high jump?

- A. Drawing the head towards the chest
- B. Keeping the knees apart for touch down
- C. Landing on the shoulders and back
- D. Stiffening the body

7. Which of the following technical characteristics is the position assumed by an athlete during take off in Long jump?

- A. Ankle, knee and hip joints are partially extended
- B. Foot plant is active and quick with a down and back motion
- C. Take off time is maximized, maximum bending of the take-off leg
- D. Thigh of the free leg is driven to the vertical position

8. Which of the following can affect the preparation for an efficient glide?

- A. Body is balanced in the single support
- B. Support leg is bent while the free leg is drawn towards the back of the circle
- C. Thrower starts upright at the rear of the circle with front to the stopboard
- D. Trunk is bent forward parallel to the ground

9. Which of the following is the recommended foot-lengths for check mark from the start of the acceleration zone on the side of the lane upon which the incoming runner will approach?

- A. 15-25 foot-lengths
- B. 15-15 foot-lengths
- C. 25-35 foot-lengths
- D. 35-45 foot-lengths

10. During the hop phase of the triple jump, the _____.

- A. free leg is drawn forward
- B. take off direction is upward, not forward
- C. take off leg is drawn forwards-upwards then extended forwards to prepare for touchdown
- D. thigh of the free leg is driven to the vertical position

For items 11 to 20 are statements followed by True and False options. Read each statement carefully and indicate whether it is TRUE or FALSE by circling the letter of the correct option.

11. In the preparation phase of the non-visual exchange, the incoming runner maintains maximum speed and the outgoing assumes a starting position.

- A. True
- B. False

12. Fundamental body movements can be taught through play.
A. True.
B. False.
13. During the alternate exchanges, the first or 'leadoff' runner carries the baton in the right hand and approaches the second runner from the outside of the lane ('inside exchange').
A. True.
B. False.
14. The fundamental goal in all running events is to maximize average running speed over the course of the race.
A. True.
B. False.
15. To give the correct command for exchange, incoming runner gives a verbal command for the outgoing runner to receive the baton as the exchange distance is approached.
A. True.
B. False.
16. The movement structure of throwing events can be broken down into four main phases.
A. True.
B. False.
17. In the approach phase of the long jump, the jumper accelerates to maximum controllable speed.
A. True.
B. False.
18. In the approach phase of the javelin, only the thrower is accelerated.
A. True.
B. False.
19. The objective of the takeoff phase in long jump is to minimize vertical velocity and to maximize loss in horizontal velocity.
A. True.
B. False.
20. The discus is held in the middle joints of the fingers during the grip phase.
A. True.
B. False.

For items 21 to 30, write the appropriate responses in the spaces provided

21. To land safely and avoid injury when clearing, the head is drawn towards the

.....

.....

.....

22. The energy that is stored in the muscles as the leg bends to absorb the shock of landing is known as
23. In the take off phase, the jumper generates and initiates rotations necessary for bar clearance.
24. During the medium start, the knee of the back leg is the front foot.
25. To prepare for an efficient landing during the hitch-kick technique, running action must continue in the air supported by
26. In the grip phase of the javelin throw, the javelin lays in the hand.
27. In the acceleration phase, the runners synchronise their by maintaining maximum speed (incoming runner) and maximising acceleration (outgoing runner).
28. When executing the foot placement in the rotational technique of the shot put, the feet are more than apart and turn is to the left on the ball of the left foot.
29. To assume a starting position and start at the optimum moment, outgoing runner looks at the and starts when incoming runner reaches it.
30. The discus leaves the hand at or slightly below at the point of delivery.

AUGUST, 2021
EBS 129J
ATHLETICS FOR BASIC SCHOOLS
1 HOURS

Candidate's Index Number:

Signature:

UNIVERSITY OF CAPE COAST
COLLEGE OF EDUCATION STUDIES
SCHOOL OF EDUCATIONAL DEVELOPMENT AND OUTREACH
INSTITUTE OF EDUCATION

COLLEGES OF EDUCATION
FOUR-YEAR BACHELOR OF EDUCATION (B.ED)
FIRST YEAR, END-OF-SECOND SEMESTER EXAMINATION, JULY/AUGUST, 2021
AUGUST 2, 2021 ATHLETICS FOR BASIC SCHOOLS 3:00 PM – 4:00 PM

SECTION B

Answer any **TWO** questions from this section

1. Describe the O'Brien technique in shot put. **(15 marks)**
2. Describe the progressive stages of teaching the crouch start to beginners. **(15 Marks)**
3. Describe **four** technical characteristics that must be observed by both the incoming and outgoing runners to ensure a legal and efficient change of baton. **(15 Marks)**