

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)