

AUGUST 2022
EBS 129/129J
ATHLETICS FOR BASIC SCHOOLS
30 MINUTES

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, SECOND SEMESTER MID-SEMESTER QUIZ, AUGUST 2022

AUGUST 8, 2022 ATHLETICS FOR BASIC SCHOOLS 12:00 PM – 12:30 PM

Answer ALL the questions.

For items 1 to 14, 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. Which of the following crouch start style is appropriate for a tall athlete in sprint event?
A. Bullet.
B. Crouch.
C. Elongated.
D. Medium.
2. One of the characteristics of the athlete at the set position is that
A. eyes are looking straight down.
B. hip is above the shoulder level.
C. knee of the rear leg rests on the ground.
D. shoulders are above the hip level.
3. Running at a maximum speed throughout the race is known as
A. Crouch start.
B. Flying start.
C. Running.
D. Sprinting.
4. The crouch start in which the knee of the rear leg is in line with the inside of the foot in front is known as start.
A. Bunch
B. Crouch
C. Elongated
D. Medium

5. Which of the baton changes increases the free distance?
 - A. Downward sweep.
 - B. Push.
 - C. Upward sweep.
 - D. Visual change.

6. Which of the following baton changes is **most appropriate** for long distance relays?
 - A. Audio visual change.
 - B. Down-up sweep.
 - C. Non visual change.
 - D. Visual change.

7. Which of the following baton changes easily has enough exposure of the baton for the next change?
 - A. Downward sweep.
 - B. Non Visual change.
 - C. Upward sweep.
 - D. Visual change.

8. In all jumping events, the order in which competitors take their jumps is drawn by
 - A. lot.
 - B. order of competitors' numbers.
 - C. the discretion of the Chief Field Judge.
 - D. the order in which competitors registered.

9. In a long jump and triple jump, ties concerning the first place are decided as
 - A. the competitor with the first best jump.
 - B. the competitor with no failures.
 - C. the competitor with the second best jump.
 - D. the competitors are given a jump-off.

10. In long jump, all the following constitute a failure, **except**
 - A. after take-off lands first on the one leg and then on the other.
 - B. employs any form of somersault.
 - C. while taking off touches the ground beyond the extension of the take-off line with any part of the body.
 - D. while taking off touches the ground beyond the take-off line with any part of the body.

11. In the high jump, the competitor is permitted to
 - A. employ any form of somersaulting.
 - B. take-off on both feet.
 - C. take-off on one foot.
 - D. walk under the cross bar in the process of jumping.

12. The distance between the take-off line and the nearer end of the long jump landing area shall be between
 - A. 0-1 meters.
 - B. 0-2 meters.
 - C. 0-3 meters.
 - D. 1-3 meters.

13. Which of the following lead up activities would you consider most appropriate in introducing students to triple jump event?
- A. Broad jumps.
 - B. Jumping from a short run.
 - C. Rhythmic jumping LLR/RLL.
 - D. Standing broad jumps.
14. The triple jump event shall consist of
- A. approach, step and jump.
 - B. hop, step and jump.
 - C. run, step and jump.
 - D. run, take-off and jump.

Write the appropriate responses in the spaces provided.

15. Name the **two** types of relay races you know. **2 marks**

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16. Enumerate **two** benefits of relay activities to school children. **2 marks**

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17. Mention **two** flight techniques in long jump. **2 marks**

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