

OCTOBER 2023  
EBS 129/129J  
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, SEPTEMBER/OCTOBER 2023

5<sup>TH</sup> OCTOBER 2023      ATHLETICS FOR BASIC SCHOOLS      8:00 AM – 8:30 AM

This paper consists of two sections, A and B. Answer ALL the questions in Sections A and TWO questions from Section B. Section A will be collected after the first 30 minutes.

SECTION A  
(20 MARKS)

Answer ALL the questions in this Section.

Items 1 to 20 are stems followed by four options lettered A to D. Read each item carefully and circle the letter of the correct or best option.

1. What type of motor skill involves precise movements using small muscle groups? .....  
motor skill  
A. Basic  
B. Complex  
C. Fine  
D. Gross
2. Which of the following is an example of a fine motor skill?  
A. Long jump  
B. Sprinting  
C. Throwing a javelin  
D. Tying shoelaces
3. What is the main objective of a sprint start? To .....  
A. achieve an upright posture.  
B. generate quick and powerful movement.  
C. maximize stride length.  
D. minimize initial acceleration.

4. In a relay race, at what point can the baton be passed between teammates?
  - A. Anytime during the race.
  - B. Only after the first lap.
  - C. Only in the final lap.
  - D. Within the changeover zones.
  
5. Which relay team member typically runs the anchor leg? The ..... runner.
  - A. fastest
  - B. shortest
  - C. slowest
  - D. tallest
  
6. In the long jump, when is the distance measured?
  - A. At the landing point.
  - B. At the take-off point.
  - C. Just before the jump.
  - D. Midway through the jump.
  
7. What is the primary goal of the approach run in the long jump?
  - A. Build momentum for take-off.
  - B. Gain maximum height.
  - C. Generate rotational motion.
  - D. Minimize take-off speed.
  
8. Which type of motor skill involves large muscle groups and whole-body movements? ..... motor skill.
  - A. Basic
  - B. Complex
  - C. Fine
  - D. Gross
  
9. What is the standard relay distance in **most** track and field competitions? ..... metres
  - A. 100
  - B. 200
  - C. 400
  - D. 800
  
10. In the long jump, what is the name of the foul where the athlete takes off from beyond the take-off board?
  - A. Early take-off
  - B. Jump line foul
  - C. Late take-off
  - D. Overstep foul
  
11. Which phase of sprinting involves reaching maximum speed and maintaining it? ..... phase
  - A. Acceleration
  - B. Deceleration
  - C. Maximum velocity
  - D. Start
  
12. What is the purpose of non-visual baton change in relay races? To .....
  - A. improve baton grip.
  - B. increase baton exchange speed.
  - C. make the race more challenging.
  - D. surprise opponents.

13. Which of the following is a fine motor skill?
  - A. Archery
  - B. Discus throw
  - C. High jump
  - D. Shot put
  
14. What is the optimal hand position for receiving the baton in a relay?
  - A. Behind the body.
  - B. In front of the body.
  - C. In the opposite hand.
  - D. Over the head.
  
15. What is the main purpose of the approach run in the long jump?
  - A. Gain distance.
  - B. Generate horizontal velocity.
  - C. Generate lift.
  - D. Increase take-off speed.
  
16. Which of the following is a gross motor skill?
  - A. Drawing a picture
  - B. Playing chess
  - C. Playing the piano
  - D. Running a marathon
  
17. What is the **most** critical aspect of successful baton exchange in relays?
  - A. Handing the baton with force.
  - B. Maintaining eye contact.
  - C. Running at the same speed.
  - D. Timing the exchange.
  
18. In the long jump, what is the term for the technique used to extend the athlete's flight in the air?
  - A. Glide
  - B. Hang
  - C. Jump step
  - D. Skip
  
19. What term refers to the ability to perform a complex movement pattern with efficiency and precision?
  - A. Coordination
  - B. Endurance
  - C. Flexibility
  - D. Strength
  
20. Which motor skill is essential for maintaining an erect posture while running?
  - A. Balance
  - B. Reaction time
  - C. Speed
  - D. Strength