

SEPTEMBER 2023
EBS 129/129J
ATHLETICS FOR BASIC SCHOOLS
20 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, SEPTEMBER 2023

25TH SEPTEMBER 2023

ATHLETICS FOR BASIC SCHOOLS

5:30 PM – 5:50 AM

Answer ALL the questions.
[20 MARKS]

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. How many attempts does an athlete have at a particular height in high jump?
 - A. 1
 - B. 2
 - C. 3
 - D. 4
2. During high jump competition, the bar shall not be raised less than
 - A. 1cm
 - B. 2cm
 - C. 3cm
 - D. 4cm
3. All measurement in high jump shall be taken from ground to the upper side at the of cross bar.
 - A. left side.
 - B. lowest part.
 - C. middle part.
 - D. right side.
4. Tie break in high jump is called
 - A. extra time.
 - B. jump-in.
 - C. jump-off.
 - D. sudden death.

5. The pegs on the cross-bar rest must point to the of the uprights.
- A. inside
 - B. landing form area
 - C. outside
 - D. runway
6. What is the name given to the last runner of relay races? runner.
- A. Anchor
 - B. Incoming
 - C. Last leg
 - D. Outgoing
7. One consideration to consider in selecting an athlete to run the last leg of relay races is
- A. broad chest.
 - B. experience.
 - C. power.
 - D. thigh size.
8. What is the maximum length of long jump runway?
- A. 10m
 - B. 20m
 - C. 30m
 - D. 45m
9. The distance from the take-off line to the landing area for adult men in triple jump is
- A. 7m.
 - B. 9m.
 - C. 11m.
 - D. 13m.
10. The standard distance from the take-offline to the far end of the landing area for adult women's triple jump is
- A. 11m.
 - B. 13m.
 - C. 21m.
 - D. 23m.
11. What is the width of athletic lane?
- A. 1.20m
 - B. $1.20m \pm 0.01m$
 - C. 1.22m
 - D. $1.22m \pm 0.01m$
12. What is the width of a long jump runway?
- A. 1.20m
 - B. $1.20m \pm 0.01m$
 - C. 1.22m
 - D. $1.22m \pm 0.01m$
13. Which of the following is **not** a locomotor skill?
- A. Hoping
 - B. Jumping
 - C. Leaping
 - D. Twisting

14. Motor movements that involve the use of small muscle groups in called
- A. fine motor skill.
 - B. gross motor skill.
 - C. large motor skills.
 - D. non-locomotor.
15. All the following are non-locomotor skills **except**
- A. balancing.
 - B. bending.
 - C. leaping.
 - D. twisting.
16. The goal of this phase in the long jump is to transfer horizontal velocity to vertical velocity.
- A. Approach
 - B. Flight
 - C. Landing
 - D. Take-off
17. The three strides rhythm between hurdles is called
- A. longer-shorter-longer.
 - B. long-short-long.
 - C. shorter-longer-shorter.
 - D. short-long-short.
18. In the approach phase of high jump, the stride frequency is increased
- A. continuously.
 - B. horizontally.
 - C. intermittently.
 - D. vertically.
19. The step phase of triple jump should cover what percentage of the overall distance?
- A. 30%
 - B. 35%
 - C. 40%
 - D. 45%
20. The hop, step and jump phases can each be divided into the typical phases for the jumps.
- A. Approach, hop, step and jump.
 - B. Approach, step, flight and jump
 - C. Take-off, flight and landing
 - D. Take-off, jump and landing