

(6 pages)

Reg. No. : .....

Code No. : 30639 E Sub. Code : CMPE 53

B.Sc. (CBCS) DEGREE EXAMINATION,  
NOVEMBER 2024.

Fifth Semester

Physical Education — Core

THEORIES OF TRACK AND FIELD

(For those who joined in July 2021-2022 only)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Athletics Federation of India, which was formed in  
(a) 1946 (b) 1947  
(c) 1945 (d) 1944
2. The Father of Athletics  
(a) Amarsch Querbit (b) Lovinly  
(c) Theodor Sibert (d) Walter shatt

3. To practice especially before entering a game  
(a) Yoga (b) Warm down  
(c) Running (d) Warm-up
4. Middle distance running events are  
(a) 800 m and 1500 m (b) 750 m and 1000 m  
(c) 100 m and 200 m (d) 3000 m
5. The run up, the take-off, flight and lastly, landing.  
(a) High jump (b) Pole valut  
(c) Discus throw (d) Long jump
6. An athletic contest in which a very heavy round ball is thrown as far as possible  
(a) Discus throw (b) Javelin throw  
(c) Short put (d) Hammer throw
7. It is a combined event is athletics consisting of ten track and field events  
(a) Triathlon (b) Decathlon  
(c) Heptathlon (d) Wantathlon

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8. A triathlon is an endurance multisport race consisting of

- (a) swimming, cycling, and running
- (b) jumping, throwing and walking
- (c) jumping, cycling and swimming
- (d) running, walking and throwing

9. In long jump how many jump was given

- (a) 4 (b) 3
- (c) 5 (d) 6

10. 400 m track is also called

- (a) separate track (b) nonstandard track
- (c) standard track (d) swimming track

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Define the history of track and field in India.

Or

(b) Define what federation controls track and field all over the world.

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12. (a) Define the physical qualities in track and field.

Or

(b) Explain some sprinting techniques.

13. (a) How many techniques are used in high jump? Explain.

Or

(b) Explain pole vault equipment.

14. (a) Define the meaning of heptathlon in track and field.

Or

(b) What is the triathlon distance in Olympic.

15. (a) What are the duties of the officials in track and field?

Or

(b) What is called lanes in track? Explain it.

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PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b)  
Each answer should not exceed 600 words.

16. (a) Write down the brief history of track and field around the world.

Or

- (b) Write detail about the federation of track and field in India.

17. (a) Write down the load and safety measures in track and field.

Or

- (b) Explain the acceleration and finishing in track and field.

18. (a) What are the different techniques used to shot put throw and discuss throw?

Or

- (b) Draw javelin throw field and write the rules of javelin throw.

19. (a) Explain about the day order events conducted in decathlon and heptathlon.

Or

- (b) Discuss about the rules and regulation in 110m Hurdles for men.

20. (a) Write any ten rules for field events.

Or

- (b) Draw and mark 200 m non-standard track.
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