

Reg. No. :

Code No. : 20400 E Sub. Code : SMPE53

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2021.

Fifth Semester

Physical Education — Core

THEORIES OF TRACK AND FIELD

(For those who joined in July 2017-2019)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Expansion of AFI is
 - (a) International Athletic Federation
 - (b) Indian Football Association
 - (c) Athletic Federation of India
 - (d) Amateur Federation of India
2. IAAF was founded in
 - (a) 1912 (b) 1932
 - (c) 1922 (d) 1942

3. Which of the following event should be conducted in a cage?
- (a) Shotput (b) Javelin throw
(c) Polevault (d) Discus throw
4. Bunch start is suitable for _____ events.
- (a) Sprint (b) Middle distance
(c) Long distance (d) Steeple chase
5. Triple jump is also called as
- (a) Jump-hop-step (b) Step-hop-jump
(c) hop-step-jump (d) Long jump
6. Which of the following is not in Javelin throw?
- (a) High carry (b) Medium carry
(c) Low carry (d) Pole carry
7. Heptathlon consists of _____ events.
- (a) 3 (b) 5
(c) 7 (d) 10
8. Non-visual method or blind method is related with
- (a) 4×100 m.Relay (b) 4×400 m.Relay
(c) 100 m.Hurdle (d) 400 m.Hurdle
9. Standard track does not have
- (a) 6 lanes (b) 8 lanes
(c) Raised border (d) Synthetic

10. Long jumper has to complete his jump within

- (a) 90 sec.
- (b) 45 sec.
- (c) 60 sec.
- (d) 120 sec.

PART B — ($5 \times 5 = 25$ marks)

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

Each answer should not exceed 250 words.

11. (a) Briefly explain the history of track and field events.

Or

(b) Comment on Athletic Federation of India.

12. (a) Write the benefits of warming up.

Or

(b) Write about load.

13. (a) What are the techniques in Long jump?

Or

(b) What are the techniques in shot put?

14. (a) What is meant by Decathlon? List down the events in Decathlon.

Or

(b) In what ways, Heptathlon is differed from other combined events?

15. (a) List down the various officials in track and field events.

Or

(b) Write the specifications of a shot.

PART C — ($5 \times 8 = 40$ marks)

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

Each answer should not exceed 600 words.

16. (a) Explain the structure of IAAF.
Or
(b) What is AAA? Explain in detail.
17. (a) What are the safety measures to be followed in track and field area?
Or
(b) Discuss the techniques in Sprint events.
18. (a) Analyze the techniques in polevault.
Or
(b) Discuss about the turn technique in Discus throw.
19. (a) Compare Up Sweep and Down Sweep method in Relay races.
Or
(b) Explain the Hurdle techniques.
20. (a) List down the competition rules of triple jump.
Or
(b) Lay out a 200 m track with starting and finishing line of Sprint Events.