

(6 pages)

Reg. No. :

Code No. : 20361 E Sub. Code : AMPE 53

B.Sc.(CBCS) DEGREE EXAMINATION,
NOVEMBER 2022.

Fifth Semester

Physical Education – Core

THEORIES OF TRACK AND FIELD

(For those who joined in July 2020 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Water fall Start technique is a
 - (a) Standing start
 - (b) Crouch Start
 - (c) Arc Start
 - (d) All of these
2. Pentathlon consists of
 - (a) 3 events
 - (b) 5 events
 - (c) 7 events
 - (d) 10 events

3. Hitch Kick is related with
 - (a) High Jump
 - (b) Shot Put
 - (c) Discus throw
 - (d) Javelin throw
4. The radius of the Shot Put circle is
 - (a) 1.50 mts
 - (b) 1.07 rids
 - (c) 2m
 - (d) 1.25mts
5. The thickness of the foul line in Discus throw event is
 - (a) 5 cm
 - (b) 5 mm
 - (c) 7 cm
 - (d) 75 cm
6. More than 1500m in distance events are categorized with
 - (a) Sprinting events
 - (b) Middle Distance events
 - (c) Long Distance Events
 - (d) Marathon

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7. The anti-doping controlling agency in World Athletics is

- (a) WADA (b) NADA
- (c) CADA (d) None of these

8. The starting point for 4 × 400 m relay in 400m track is

- (a) Full Stagger + Diagonal Excess
- (b) Half Stagger + Diagonal Excess
- (c) One and Half Stagger + Diagonal Excess
- (d) Full Stagger

9. The standard track should have a minimum of _____ lanes

- (a) 6 (b) 8
- (c) 9 (d) 12

10. The expansion of "IOA" is

- (a) Indian Olympic Agency
- (b) Indian Olympic Association
- (c) Indian Overthrow Analyzer
- (d) Indian Olympic Associate

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PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).
Each answer should not exceed 250 words.

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

Or

(b) Explain the Organizational set up of State level Athletic Federations

12. (a) Explain about the types of different starts.

Or

(b) Explain the techniques involved in sprints.

13. (a) Explain about the various landing techniques involved in Long jump.

Or

(b) Explain about the techniques involved in throwing the Discus

14. (a) Explain about pentathlon in detail.

Or

(b) Explain the various techniques involved in relay baton exchange

15. (a) Draw a neat diagram of Triple Jump sector.

Or

(b) Explain about the maintenance of 400 m Track in detail.

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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) Explain about the history of World Athletics.

Or

- (b) Explain the Organizational set up of Indian Athletic Federations.

17. (a) Explain about the physical fitness qualities needed for sprinters.

Or

- (b) Explain about the load and safety measures in long distance running.

18. (a) Explain about the procedures of conducting Decathlon event in detail.

Or

- (b) Explain about the techniques involved in putting the shot.

19. (a) Lay out 400 mts standard track with 800 m and 4 x 100 m relay starting points and also 4 x 400 m relay exchange zones

Or

- (b) Explain about guiding principles of standard track.

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20. (a) Explain about the duties of referee for the track with all the score sheets which are handled by him.

Or

- (b) Explain the duties of Chief Time keeper and time keepers with their score sheets.
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