

PART C — (5 × 8 = 40 marks)

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

16. (a) Explain the organization setup of IAAF.
Or
(b) Explain the history of track and field in India.
17. (a) Explain the rules and regulation of high jump.
Or
(b) Explain the proper body position and foot placement of long distance runners.
18. (a) Explain the rotation technique in discus throw.
Or
(b) Explain the take off and flying phase technique in long jump.
19. (a) Discuss the various patterns of baton exchange in relay.
Or
(b) Explain the scoring systems of Decathlon.
20. (a) Calculate RDR and CDR for a 200 mts non standard track.
Or
(b) Draw the 400 mts standard track when the straight is 84.39 calculate the CDR and RDR values.

Reg. No. :

Code No. : 20587 E Sub. Code : CMPE 53

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2023.

Fifth Semester

Physical Education – Core

THEORIES OF TRACK AND FIELD

(For those who joined in July 2020–2021 onwards)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. What does the word “athlete” mean in Greek.
(a) Strength (b) Speed
(c) Competition (d) Power
2. How often is the World athletics championships held.
(a) Every year (b) Every two years
(c) Every four years (d) Every three years



3. Which of the following is a track event?
 (a) Long jump (b) High jump
 (c) Shotput (d) 100mt run
4. How many hurdles are in the 110-meter hurdles event in Athletics?
 (a) 8 (b) 9
 (c) 10 (d) 11
5. Maximum number of spikes used in the sole of shoes of athlete during competition
 (a) 11 (b) 12
 (c) 23 (d) 13
6. Which of the following is not a throwing event in Athletics?
 (a) Shot put (b) Discus throw
 (c) Javelin throw (d) Pole vault
7. What is the distance of the marathon race in Athletics?
 (a) 21.0975 km (b) 26.2 miles
 (c) 42.195 (d) 50 km
8. What is decathlon in athletics?
 (a) An event with 3 field and track events
 (b) An event with 7 fields and track events
 (c) An event with 8 fields and track events
 (d) An event with 10 fields and track events
9. Length of landing area in high jump in
 (a) 4 m (b) 6 m
 (c) 5 m (d) 7 m

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10. The maximum weight of the cross bar shall be in pole vault
 (a) 2.25 kg (b) 2.23 kg
 (c) 2.34 kg (d) 2.2 kg

PART B — (5 × 5 = 25 marks)

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

11. (a) Briefly explain Asian Athletics Association.
 Or
 (b) Explain the organization set up of AFI.
12. (a) List down the track events.
 Or
 (b) Explain the starting technique in sprint events.
13. (a) Described the formula to calculate stagger in a standard track.
 Or
 (b) Briefly explain the techniques in pole vault.
14. (a) Explain the general and specific rules to conduct javelin throw.
 Or
 (b) Briefly explain pentathlon.
15. (a) Write a short notes on stagger.
 Or
 (b) List down the duties of the time keeper in athletics.

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