

# KAMARAJ COLLEGE (Autonomous)

Accredited with A+ Grade by NAAC

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

(3 Pages)

Reg. No:.....

Question Code: 26E02910

Course Code : 24UMPE42

UG Degree - End Semester Examinations, April 2026

Fourth Semester

B.Sc., PHYSICAL EDUCATION

Theories of Track and Field (Track Events)

(For those who joined in July 2024 onwards)

Time : 3Hours

Maximum : 75 Marks

## PART - A (10 × 1 = 10 Marks)

Answer ALL Questions

Choose the correct answer:

- CO:1 1. Choose standard length of the Straight in the 400m Standard  
K:1 Track.
- (a) 84 m (b) 84.39 m  
(c) 84.02 m (d) 84.29 m
- CO:1 2. Which of the following event is not included in Track Events?  
K:1
- (a) 100m (b) 400 m Hurdles  
(c) Relay Races (d) Javelin Throw
- CO:2 3. Which of the following Starting Technique is used in the Sprint  
K:2 events?
- (a) Arc Start (b) Standing Start  
(c) Crouch Start (d) Sitting Start
- CO:2 4. Race walking is characterized by \_\_\_\_\_  
K:2
- (a) Both feet of the ground (b) Running stride  
(c) Continuous contact with the ground (d) Bent supporting Knee
- CO:3 5. Find out the total number of hurdles in a 110 mts Hurdle race  
K:2
- (a) 9 (b) 10  
(c) 11 (d) 4
- CO:3 6. The event steeplechase includes \_\_\_\_\_  
K:2
- (a) Barriers only (b) Only Hurdles  
(c) High Jump (d) Hurdles and Water Jump

- CO:4 7. Which type of Baton Exchange is used in 4\*100 mts relay?  
K:2 (a) Non-visual Method (b) Visual Method  
(c) Carrying Method (d) Partially looking
- CO:4 8. During a Relay Race, who is responsible for picking up the baton  
K:2 if it is dropped during the exchange?  
(a) Incoming Athlete (b) Outgoing Athlete  
(c) Disqualified (d) Anyone
- CO:5 9. The men's Olympic High Jump record was set by \_\_\_\_\_  
K:2 (a) Mutaz Essa Barshim (b) Javier Sotomayor  
(c) Gianmarco Tamberi (d) Bohdan Bondarenko
- CO:5 10. The Governing Body of Athletics was formerly known as  
K:2 (a) AFI (b) IOC  
(c) AAF (d) IAAF

**PART - B (5 X 5 = 25 Marks)**

**Answer ALL Questions choosing either (a) or (b).**

**Answer should not exceed 250 words.**

- CO:1 11. (a) Illustrate the standard layout and dimension of a 200 meter  
K:3 Athletic Track.

**(OR)**

- (b) Illustrate the markings of Baton Exchange Zone of 4\*100 m Relay Race.

- CO:2 12. (a) Analyze the types of Start used in Crouch Techniques?  
K:3

**(OR)**

- (b) Analyze the Rules of Race Walking.

- CO:3 13. (a) Identify the Lead Leg and Trail Leg action in 110 m Hurdles.  
K:3

**(OR)**

- (b) Construct a short note on 3000 m Steeplechase event.

- CO:4 14. (a) Categorize the Baton exchange technique in 4\*100 m Relay.  
K:4

**(OR)**

- (b) Examine the basic rules of the Relay events.

- CO:5 15. (a) Survey the History and Evolution of Athletics.  
K:4

**(OR)**

(b) List the Olympic Records of Track events.

**PART - C (5 X 8 = 40 Marks)**

**Answer ALL Questions choosing either (a) or (b).**

**Answer should not exceed 500 words.**

CO:1 16. (a) Construct the Half Stagger distance and layout the 400  
K:3 meter Athletic Track with all the markings of Track event.

**(OR)**

(b) Organize the History and the Development of the Marathon in detail and mention the standard Marathon distance.

CO:2 17. (a) Interpret in detail about the Finishing in Track events.

K:3

**(OR)**

(b) Assess the Techniques used in Race Walking in detail.

CO:3 18. (a) Describe all types of Hurdle Races with marking and  
K: 3 mention the standard Heights of Hurdles.

**(OR)**

(b) Interpret the Fundamental Skills used in the Hurdle event.

CO:4 19. (a) Compile the Rules and Interpretation of Relay Races and  
K:4 discuss the Role of Officials in Relay Races.

**(OR)**

(b) Build the procedure of marking 4\*400 meter Stagger and Exchange Zones.

CO:5 20. (a) Build a chart of the Olympic and World Record in  
K:5 Steeplechase, Cross Country and Marathon.

**(OR)**

(b) Build a flow chart determining the structure of Athletics in the International Level and National Level.