

(7 pages)

Reg. No. :

Code No. : 20521 E Sub. Code : EMPE 54

B.Sc. (CBCS) DEGREE EXAMINATION,
NOVEMBER 2025.

Fifth Semester

Physical Education — Core

THEORIES OF TRACK AND FIELD

(For those who joined in July 2023 onwards)

Time : Three hours Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Which body governs athletics at the state level in India?
 - (a) International Olympic Committee (IOC)
 - (b) State Athletics Associations
 - (c) Athletics Federation of India (AFI)
 - (d) Asian Athletics Association

2. Which of the following is responsible for regulating track and field rules internationally?
 - (a) International Olympic Committee (IOC)
 - (b) World Athletics (formerly IAAF)
 - (c) National Sports Federations
 - (d) State Sports Authorities
3. Which running technique is most appropriate for a sprint race?
 - (a) Upright posture with quick, powerful strides
 - (b) Slow and relaxed arm movement
 - (c) Walking style
 - (d) Long, slow strides
4. What is the key characteristic of long-distance running technique?
 - (a) Fast arm movement with high knee lift
 - (b) Relaxed shoulders and steady rhythm
 - (c) Short stride length and quick turnover
 - (d) Heavy heel striking

5. In the high jump, which technique is commonly used by elite athletes?
(a) Scissors (b) Straddle
(c) Fosbury Flop (d) Western roll
6. In shot put, the technique where the athlete rotates before releasing the shot is called
(a) Glide technique (b) Spin technique
(c) Flick technique (d) Drop technique
7. The pentathlon consists of how many events?
(a) 3 (b) 5
(c) 7 (d) 10
8. In hurdles, the "legal leg" refers to
(a) The leg that jumps first over the hurdle
(b) The leg that stays behind
(c) The leg used for running between hurdles
(d) The leg used to push off the starting blocks
9. What is the typical radius of the curve in a standard 400m track?
(a) 20 meters (b) 36.5 meters
(c) 50 meters (d) 75 meters

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10. Who is responsible for ensuring that competitions are conducted according to the rules?
(a) Athlete (b) Coach
(c) Officials (d) Spectators

PART B — (5 × 5 = 25 marks)

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

Each answer should not exceed 250 words.

11. (a) Describe the historical development of track and field events in Asia.

Or
(b) Explain the organizational structure of athletics at the Asia level.
12. (a) Explain the physiological benefits of warm-up and warm-down in athletics.

Or
(b) Discuss the importance of load management in preventing injuries in track and field.

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[P.T.O.]

13. (a) Describe the technique used in the Fosbury Flop high jump.

Or

(b) Explain the role of the approach run and take-off in pole vault.

14. (a) Describe the types of combined events contested indoors and outdoors.

Or

(b) Explain the stages of a relay race and the role of each team member.

15. (a) Explain the importance of starting blocks and their specifications.

Or

(b) Differentiate between standard and non-standard tracks with examples.

PART C — (5 × 8 = 40 marks)

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

Each answer should not exceed 600 words.

16. (a) Describe the structure and functioning of State Athletics Associations in India and their role in athlete development.

Or

(b) Explain how international athletic competitions have influenced the sport's growth in Asia.

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17. (a) Discuss in detail the components of an effective warm-up and warm-down routine for track and field athletes and their impact on performance.

Or

(b) Describe the correct finishing technique in sprint races and its importance.

18. (a) Describe the key elements of the discus throw technique and how rotational force contributes to distance.

Or

(b) Describe the proper release technique in javelin throw and its impact on performance.

19. (a) Explain in detail the techniques involved in relay races, focusing on baton exchange methods and strategies.

Or

(b) Compare and contrast the scoring systems used in the Pentathlon and heptathlon.

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20. (a) Discuss in detail the responsibilities and duties of various officials in an athletics competition.

Or

(b) Illustrate the layout of a 400m track and explain its key features.
