

PHYSICAL EDUCATION DEPARTMENT
END OF TERM I 2021 JUNE EXAM

1150
1000 copies

PHE 7101

ATHLETICS AND HANDBALL

INSTRUCTIONS

1. ANSWER ALL QUESTIONS
2. ANSWER ALL QUESTIONS IN THE SPACE PROVIDED
3. WRITE YOUR ADMISSION NUMBER ON THIS QUESTION PAPER

SECTION A: ATHLETICS COMPULSORY (20MARKS)

1. Where will the Olympic games be held this year 2021?
 - a. England in london city
 - b. Japan in Tokyo city
 - c. Italy in Rome city
 - d. Germany in berlin city
2. In which year was the first Olympic games held.
 - a. 660 BC
 - b. 776 BC
 - c. 660 AD
 - d. 770 AD
3. Which of the following events are women NOT allowed to take part in.
 - a. Hammer
 - b. 5000 metre race walking
 - c. 10,000 metres race walking
 - d. Pole vault
4. How many lanes are marked in a standard athletics Track?
 - a. 8
 - b. 7
 - c. 9
 - d. 6
5. Which part of the body is used to finishing position (rank) of an athlete?
 - a. The foot
 - b. Torso
 - c. Head
 - d. Foot and head
6. What is oxygen debt tolerance in sprints?
 - a. Speed endurance
 - b. Oxygen uptake
 - c. Oxygen disposal
 - d. Muscles speed training using oxygen

7. A Ugandan athlete in heat 1(one) causes the first false start in 100 metres race. A Tanzanian athlete causes the second false start in the same race and the same heat 1(one) react as a referee.
- Show a yellow card to both athlete
 - Disqualify both athletes
 - Disqualify the Ugandan athlete
 - Disqualify the Tanzanian athlete
8. Two athletes tie in a hammer event how is the tie broken?
- Rank the one with fewer jumps as the winner
 - Consider the one with more failures as the loser
 - Give the same rank
 - Consider the second best throw
9. How long is the changeover box in 4×400 metres relay?
- 20 metres
 - 15 metres
 - 16 metres
 - 10 metres
10. How many change over boxes are marked for the 4 × 100 metres relay?
- 4
 - 2
 - 5
 - 3

SECTION B (20 MARKS)

Write T for True F for false in response to the following questions.

- A hurdler is not allowed to trail his foot leg around the side of the hurdle while Hurdling
- The minimum total weight of the 100 metres hurdle is 10kg
- The distanced approach to the first barrier for both men and women hurdle events is 13.72M
- A clerk of the course during an athletics meet records all the results
- When two time keepers timing the same athlete record different times for the same athlete, we average the time
- An athlete in high Jump fails to Jump (clear) the first height, he is NOT ranked
- If a javelin lands flat on the ground, the throw is not measured
- The minimum weight for senior men's discus implement is 2 kg
- The elongated method of starting the sprints is suitable for tall athletes
- In field events competitions, except high jump and pole vault, qualifying competition results are also used to determine a winner at the end of the event

b) List common sports related injuries that can occur during a PE lesson. (5Marks)

c) Briefly discuss the start of sprint race under the following subheadings.

- i. On your mark
- ii. Get set
- iii. Gun/Go

(15Marks)

d) Briefly discuss handball order

- i. No of players
- ii. Duration of play
- iii. Breaking a tie
- iv. Timeout

(10Marks)

e) Give circumstances that can lead to a disqualification of an attempt in the following events.

- i. 4 x100 m relay
- ii. 400 Hurdles
- iii. Long jump
- iv. High jump
- v. Discus

(15Marks)

f) i) Discuss the throw in hand ball. (5Marks)

ii) "A goalkeeper in handball is a court player but a court player is not a goalkeeper" Explain this statement. (10Marks)

THE END .GOOD LUCK

Question 1: Compulsory 40 marks

1A. Define the following terms as used in

a) Athletics.

- i. Kerb
- ii. Stagger
- iii. Change over box

b) Handball

- i. 7metre space mark
- ii. Piston
- iii. Suspension

B. By giving examples summarize the rules governing a Tie break in high jump and pole vault.

C. Sketch the handball court and explain the function of each section.

Answer any 2 (Two) Question

Q2. a) Explain the procedure for substitution in handball.

b) Explain the arrangements made by an institution, ready to host an athletics event.

Q3. a) Outline five (5) roles of a PE teacher in a learning institution.

(iv) Give reasons why marathon runners drink water after every few km of running.

- a) To cool the body
- b) To prevent dehydration
- c) To replace lost water

D. (i) Define the word track as used in athletics competition.
It is an oval running path where all races and the exercises like throwing events and jumping is conducted.

(ii) Anchor

The last person in the relay.

(iii) Give reasons why relays are the last events during athletics competition.

- (a) Relays are most interesting events and climax of the meet.
- (b) It allows sprinters to rest if they may be taking part in other events.

3a) L. State factors which you will consider when selecting a site for a track.

- (a) The site should not be water logged (well drained)
- (b) Enough space for warm up.
- (c) Enough space for the number of lanes you want.
- (d) The site should be away from strong wind.
- (e) Direction of the sun i.e. competitors approaching the finishing line should not face the sun.

(ii) State the characteristics of an ideal track?

- (a) Lane width 1.2m.
- (b) There must be proper water drainage near the track.
- (c) Inner ground must be marked for other events.
- (d) In an ideal track finishing line must be visible from the stands.
- (e) Near the track there must be proper seating arrangement for spectators, guests, organizers, officials, competitors.
- (f) The end of straight must be 85m apart.
- (g) Must be 400m long & consist of two straight & two semicircles. The straight must be parallel to each other & 85m apart.

(i) State the relay rules which should be observed.

The baton must be passed

ATHLETICS

1a) State the similarities between Discus and shot put.

- Both events are throws
- Both cases the landing vector angle is 45°
- In both cases there is surface
- In both cases there is release
- In both there is follow through
- In both cases the center line of the circle is extended in both sides by 0.75m

b. State differences between Discus and shot put

- The diameters of the circle are not the same discus has diameter 2.50m, shot put 2.125m.
- There is no stop block for discus circle
- The implements, material and weight are not the same
- In discus throw there is the hold in shot put that is dropped
- In discus there is swinging and in shot put it is starting

(d). Why is it advisable for an athletics team to travel to the venue of competition a few earlier.

- Acclimatization or to get used to weather
- Get used to the field
- Survey the venue

2. (a) i) Name the events that are performed better at high altitude than at low altitude.

- Short races i.e. 100m, 200m, hurdles, 400m hurdles, etc.
- Long jump, triple jump, high jump, javelin, discus, shot and hammer, etc.

ii) Give two reasons for the better performance of the events you have named.

- There is less air resistance
- They do not require use of anaerobic energy production, in other words, they are anaerobic activity
- There is less force of gravity

(b) (i) State similarities between sprints and middle distance

- Both are run on the track

SECTION B (60 marks)

- (a) You have 15 (fifteen) entries for javelin, during an athletics Competition.
Using the attached score sheet, how would you conduct the competition to get the final eight positions. (NB: Assume names & competition number) (20mks)
- (b) Give teaching points for the following skills in handball (5mks)
(i) Bounce pass (5mks)
(ii) Dribbling (5mks)
- (a) Describe the game of handball to Form 1 students (20mks)
- (b) Differentiate triple jump from long jump (10mks)
- (a) Discuss any five (5) common rules of the throws in athletics (10mks)
- (b) (i) What is substitution in handball? (2mks)
(ii) Explain any five rules to be observed during substitution in handball? (10mks)
- (c) Explain the difference in landing in the following high jump styles -
(i) The straddle (2mks)
(ii) Fosbury (2mks)
(iii) Western roll (2mks)
- (d) Explain the use of white and red cards on the track (2mks)

- Both have a common finish line
- Both are for men and women
- Both start from the curved of the events
- Both are individual activities
- Both have a common command

State the differences between sprints and middle distances

100m sprints

Middle distance

- | | |
|---|--|
| <ul style="list-style-type: none"> They are sprints Sprinter use crouch start There is no lap scoring Sprinter start on stagger The knee pick is higher The running angle is more horizontal Sprinter run on ball of the foot Sprint are anaerobic There are three starting points commands command: on your mark, set, go. | <ul style="list-style-type: none"> They are middle distances Runners use crouch start There is lap scoring Runners start on stagger The knee pick is low The running angle is less horizontal Run on flat feet Are aerobic Two starting commands (set & go) |
|---|--|

C (i) State similarities between 100m & 200m

- Both are sprints
- Common finishing line
- Runners keep the lanes
- High knees pick up
- Run on the ball of the feet
- Both use crouch start
- Arms used vigorously to accelerate the speed
- There are three commands in both
- Anaerobic races

(ii) State the difference between 100m & 200m

100m

200m

- | | |
|--|--|
| <ul style="list-style-type: none"> Less distance covered Less time taken Start in straight line High speed from the start to the end | <ul style="list-style-type: none"> More distance covered More time taken Start on stagger Less speed after the start |
|--|--|

PE 2132: ATHLETICS AND HANDBALL
2 HOURS

TO BE DONE BY

2014BEAC1A 2014BEBA1A 2014EDMR1B 2014EDSM1B
2014EDIC1A 2014EDIC1B 2014EDIF1A 2014EDIF1B
2014ISIS1A 2014EDTH1B 2014EDCS1B 2014EDEE1B
2014EDDB1B

Instructions

1. Section A is compulsory
2. Answer any two questions from section B
3. Do not WRITE on the question paper
4. Return the question paper together with the answer sheet.
5. MARKS will be lost for illegible writing

SECTION A (40 marks)

- Q1 (a) Briefly explain five aims and five benefits of physics education. (10 marks)
- (b) Give the venue (country & city) and year of the last. (5 marks)
- (i) All Africa games
- (ii) Olympic game
- Q2 Draw the sketch of a handball court and explain two uses of each demarcation/section. (15 marks)
- Q3 Outline the running track and on it indicate. (5 marks)
- (i) Starting point for 1,500m, 200m, 400m, 110m hurdles. (5 marks)
- (ii) Explain the difference in starting points.

(iv) Give reasons why marathon runners drink water after every few kilometers of running.

- (a) To cool the body
- (b) To prevent dehydration
- (c) To replace lost water

D. (i) Define the word track as used in athletics competition

It is an oval running path where all races and other activities like throwing events and jumping is conducted.

(ii) Anchor

The last person in the relay.

(iii) Give reasons why relays are the last events during athletics competition.

- (a) Relays are most interesting events and climax of the meet.
- (b) It allows sprinters to rest if they may be taking part in other events.

(a) i. State factors which you will consider when selecting ideal site

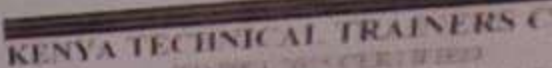
- (a) The site should not be water logged (well drained).
- (b) Enough space for warm up.
- (c) Enough space for the number of lanes you want.
- (d) The site should be away from strong wind.
- (e) Direction of the sun i.e. competitors approaching the finishing line should not face the sun.

(ii) State the characteristics of an ideal track?

- (a) Lane width 1.2m
- (b) There must be proper water drainage near the track
- (c) Inner ground must be marked for other events
- (d) In an ideal track finishing line must be the same for all races.
- (e) Near the track there must be proper seating arrangements for spectators, invited guests, organizers officials competitors
- (f) The end of straight must be 25m approximately
- (g) Must be 400m long & consist of two straight & two semicircles. The straight must be parallel to each other & two semicircles should join them.

(i) State the relay rules which should be observed during athletics competition.

The baton must be carried



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1. THIS PAPER TAKES TWO HOURS

2. PUT YOUR ANSWERS IN THE SPACES PROVIDED

3. WRITE YOUR NAME AND ADMISSION NUMBER ON THE PAPER

4. TO BE DONE BY ALL 2022 JANUARY INTAKE (MODULE ONE)

1) How many staggerers are marked on a 4 x 100 relay race? (2marks)

2) What is the purpose of a stagger in a 200 meter track? (4 marks)

3). What is the purpose of a curved start? (2 marks)

4) Who has the right to use lane 3 (three)? (2 marks)

What did you use to determine the rank of each athlete in question 9? (6marks)

11. a. How many hurdles are used in the 100 meters hurdle? (2 marks)

b. What is the interval between the Hurdles in 110 meter race? (4 marks)

12. i. Differentiate between Heptathlon and decathlon. (4 marks)

ii. List the events in (2 (i) above) (6 marks)

HANDBALL

- 13 a. Arrange the players for a 7 meter throw using a sketch of a handball court (ignore the measurements) (5 marks)

- b. By use of a sketch of a handball half court, arrange the handball players for a 9 meter throw using O and M for players of opposing teams. Show the position of the field referees. (8 marks)

- c. State the purpose of the 4 meter mark in the 6 meter D in handball game. (1 mark)

14. Answer True or False

- i. The hurdle comes before the water jump? (2 marks)
- ii. In pole vault the bar can be lowered to accommodate late athletes (2 marks)
- iii. In hammer event, the qualifying throw can be used to rank an athlete (2 marks)
- iv. During the javelin throw if the javelin hits the line then it is okay (2 marks)
- v. A captain's time out in handball must take maximum of 1 (one) (2 marks)
- vi. In handball a player may jump to shoot, drop the ball and commence the dribble without penalty (2 marks)
- vii. If a goal keeper enters the D with the ball, the opponent is awarded as a penalty (2 marks)
- viii. A handball goal keeper is not allowed to play as a court player (2 marks)

What do you use to determine the rank of each athlete in question 9? (6marks)

11. a. How many hurdles are used in the 100 meters hurdle? (2 marks)

b. What is the interval between the Hurdles in 110 meter race? (4 marks)

12. i. Differentiate between Heptathlon and decathlon. (4 marks)

ii. List the events in 12 (i) above. (6 marks)

5) What is a recall in athletics? (2 marks)

6) Where is a recall done? (2 marks)

7) What is used as a recall? (2 marks)

8) Which is the most important part of the 100 meter runner attire? (4 marks)

9) Rank each athlete in the hammer event below (10 marks)

Athlete	Qualifying competition	Final competition	Ranking throw	Rank
Obama	60.1, 66.5, 66.5, 67.00	67.00		
Mishaka	60.1, 66.4, 66.4, 67.00	67.00		
Muskie	60.2, 66.3, 66.3, 67.00	67.00		
Corn	60.2, 66.2, 66.2, 67.00	67.00		
Nate	62.4, 67.1, 66.3, 67.00	67.00		

3) What is a recall in athletics? (2 marks)

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6) Where is a recall done? (2 marks)

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7) What is used as a recall? (2 marks)

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8) Which is the most important part of the 100 meter runner attire? (4 marks)

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9) Rank each athlete in the hammer event below (10 marks)

Athlete	Qualifying competition	Final competition	Ranking three	Rank
France	66.1, 66.5, 66.5, 67.00	67.00		
Malawi	66.1, 66.4, 66.4, 67.00	67.00		
Kenya	66.2, 66.3, 66.3, 67.00	67.00		
Uganda	66.2, 66.3, 66.2, 67.00	67.00		
India	67.4, 67.1, 66.5, 67.00	67.00		