

LAIKIPIA



UNIVERSITY

# UNIVERSITY EXAMINATIONS

**FIRST SEMESTER 2025/2026 ACADEMIC YEAR**

**FIRST YEAR EXAMINATION FOR THE DEGREE OF  
BACHELOR OF ARTS IN SPORTS SCIENCE  
MANAGEMENT**

**SPSM 113: TRACK AND FIELD (ATHLETICS)**

***STREAM: R***

***TIME: 2 HRS***

***DAY: TUESDAY [11.30 A.M-13.30 P.M] DATE: 03/02/2026***

**THIS QUESTION PAPER CONSISTS OF TWO (2) PAGES**

**PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.**

**Instructions: Answer question one and any other two questions**

**QUESTION ONE**

- a) Define the term Athletics (2 marks)
- b) Name the body which runs athletics in Kenya (1 marks)
- c) Name the body which runs athletics in the world (1 marks)
- d) When did Kenya Participate in the Olympics for the first time (1 mark)
- e) Name key Institutions in Kenyan Athletics (3 marks)
- f) Discuss the sprint races (10 marks)
- g) Explain the hurdle races (10 marks)
- h) There are combined events, explain them (2 marks)

**QUESTION TWO**

- a) World Athletics is divided into six continental bodies, discuss (12marks)
- b) Field events are classified into 2 categories. Discuss them giving examples in each (8marks)

**QUESTION THREE**

- a) Discuss officials used during athletics competition (10marks)
- b) Explain the commands used in Sprints (3marks)
- c) Describe the two types of starts used in athletics (4marks)
- d) Describe the three phases of high jump (3marks)

**QUESTION FOUR**

- a) Describe the exchange zone in a relay race (8marks)
- b) Explain the consequences of exchanging the baton outside the zone (2marks)
- c) Discuss the rules of shot put (10marks)

**QUESTION FIVE**

- a) Discuss the phases of the long jump (8marks)
- b) Discuss the roles of Athletics Kenya (12marks)