

**Q-1: What is Athletic?**

Answer: Athletic means any kind of physical sports and games, which played in an open air or field. Athletics Provides scope of building stout and strong body and opportunities for natural growth of organs of the body as whole, that is around development of physical and mental health of an individual. An athlete can attain the excellence in respect of speed, agility, Power etc. through the athletics activities.

**Q-2: How many types of athletic events are there?**

Answer: There are **two** types of athletic events:

1. Track events - (a) All kinds of run events and (b) All kinds of walk events.
2. Field events - (a) All kinds of jumping events and (b) All kinds of throwing events.

All kinds of **walk events** are mainly divided into **three** parts. i.e.

- (a) 20 km walk
- (b) 50 km walk
- (c) Marathon (26 mile and 385 yards)

All kinds of **run events** are mainly divided into **three** parts. i.e.

1. Short distance run -
  - a) 100m sprint b) 200m sprint c) 110m high hurdle (Men) d) 4 x 100m relay e) 400m run f) 100m low hurdle (Women) g) 400m low hurdle (Men)
2. Middle distance run -
  - a) 800m run b) 1500 m run c) 4 x 400m relay
3. Long distance run -
  - a) 3000m stippel chase b) 5000m run c) 10000m run

Again, the **field events** are divided into **two** parts. i.e.

1. Jumping events are -
  - a) Long jump b) High jump c) Triple jump ( Hop step & jump) d) Pole-vault
2. Throwing events are-
  - a) Disc throw b) Javelin throw c) Hammer throw d) Short put throw

**Q-3: What is track in the terminology of Athletic?**

In general sense, it is a pathway, way, path, road, course, etc. but in the terminology of Athletic, it is a round path where the athletes practice or beat another athletes in a competition. The track mainly may be of two types i.e.

- a) 200m track b) 400m track

There are maybe 6 lanes or 8 lanes. The inner most lane is numbered by - 1 and other lanes follow after it. The athlete runs keeping his left side to the track. staggers are used in the track object of making the distance equal for every competitor, when they cross the curve of each lane.

**Q-4: How many runners/ competitors /contestants are required to form every relay race team and how many techniques are there to exchange the Baton and what are they?**

Ans: Four competitors are required to form a relay race team and there are four techniques. They are:

1. The Baton is to be handed over in running and the runner carrying the baton will extend his hand to pass his next runner.
2. The Baton receiving runner will make 'V' with his right thumb finger so as to hold the oncoming baton easily.
3. As soon as the baton touches his 'V' he will hold it and will pass it instantly to his left hand.
4. The speed between the runner will remain same when the baton is exchanged.

**Q-5: What are the characteristics of a Baton?**

Answer: The characteristics of a Baton are as follows.

- a) The Baton is made of fine wood or metal
- b) It is round shape
- c) It is colored for easy detection
- d) The length of Baton is 30 (around foot)
- e) Its weight is not below 50 gm

**Now students will solve the answer of the following questions.**

- 1) Mainly how many major sections are there in athletics events?
- 2) How many main sections are there in track events?
- 3) How many main sections are there in field event?
- 4) In which category 800m run fall in?
- 5) Why stagger is used in Athletics events?
- 6) What is the weight of a baton?
- 7) In which game Baton is used?
- 8) How the lane is numbered?
- 9) Mainly how many types of tracks are used?
- 10) Maximum how many lanes are to be there in track?