

Name \_\_\_\_\_

## Hurdling in Track and Field: Leaping Over Obstacles

### Multiple Choice Questions

1. What is the primary skill showcased in hurdling?
  - a. Long-distance running
  - b. Sprinting and leaping over hurdles
  - c. Throwing heavy objects
  - d. High jumping
  
2. How many hurdles are there in a standard 110m hurdles race?
  - a. 5
  - b. 10
  - c. 15
  - d. 20
  
3. What is the primary technique used to clear a hurdle in hurdling?
  - a. Crawling under the hurdle
  - b. Running around the hurdle
  - c. Leaping over the hurdle with lead and trail legs
  - d. Pushing the hurdle over
  
4. What is the role of hurdling coaches?
  - a. To sell equipment to hurdlers
  - b. To provide nutrition advice
  - c. To refine athletes' hurdling technique and improve their skills
  - d. To organize hurdling events
  
5. Who are some famous hurdlers mentioned in the passage?
  - a. Usain Bolt and Michael Phelps
  - b. Simone Biles and LeBron James
  - c. Edwin Moses and Sally Pearson
  - d. Roger Federer and Serena Williams

