

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No.: I (Part-B 1)**

**Topic No. B (1)**

**Topic Name: Sprints**

**Lecture No.: 45**

## **Lecture Title Sprints**

### **FAQs**

#### **Q1- What is sprinting?**

**Ans-** Sprinting is a type of running in which the participant runs the entire distance at near maximum speed. It differs from fast running in that longer, the number of strides per second is greater, and the force of the driving leg against the ground is less

#### **Q2- What tracks are required for Sprints?**

**Ans-**The sprints include the following track : 100 meters, 200 meters, 400 meters, 4 x 100 meter relay and the 4 x 400 meter relay.

#### **Q3- What are the types of sprint starts?**

**Ans-** There are three types of sprint starts:

- Bunch or Bullet start
- Medium start
- Elongated start

#### **Q4- What are the types of Sprint Drills ?**

**Ans-**Walking on Toes

Walking on Heels

Sprint Arm Action

Leg Cycling

Leg drives

Butt Kick

**Q5- What is Set?**

**Ans-** Set is when Hips raised to a position slightly higher than the shoulders. There should be an angle of 90 degrees at the front knee. There should be an angle of 120 degrees on the rear knee.