

**Course Name : Bachelor of Physical Education**

**Year : Ist**

**Paper Name : Skill and Prowess**

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

**Topic No. B (3)**

**Topic Name: Long Jump**

**Lecture No.: 48**

**Lecture Title**

**Long Jump**

### **Frequently Asked Questions**

**Q1 – What is long Jump?**

**Ans-1** The long jump is a track and field event in which athletes combine speed, strength, and agility in an attempt to leap as far as possible from a takeoff point.

**Q-2 Which are the three chief flight techniques for the long jump**

**Ans-** Hang, Sail , Hitch-kick

**Q-3 What is Kick Style?**

**Ans-** The kick style takeoff is a style of takeoff where the athlete actively cycles the leg before a full impulse has been directed into the board then landing into the pit.

**Q-3 What is hitch –kick?**

**Ans-** The hitch-kick is known as "climbing" or "running in the air". This technique counteracts the athlete's rotational velocity by cycling the arms and legs during the flight, and is also the most complex technique.

**Q-4 What is the objective of take off?**

**Ans-** The takeoff's objective is to create a vertical impulse through the athlete's center of gravity while maintaining balance and control. This phase is one of the most technical parts of the long jump.

**Q-5 What are the main components of Long Jump?**

**Ans- 5** There are four main components of the long jump: the approach run, the last two strides, takeoff and action in the air and landing.