

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

Glossary

1. **Emphasis:** Special importance, value, or prominence given to something.
2. **Halteres:** It is a type of dumbbells used in Ancient Greece
3. **Momentum:** "Mass in motion" All objects have mass; so if an object is moving, then it has momentum - it has its mass in motion
4. **Pentathlon:** An athletic event comprising five different events for each competitor, in particular an event involving fencing, shooting, swimming, riding, and cross-country running.
5. **Vulcanized:** Harden (rubber or rubber-like material) by treating it with sulphur at a high temperature