

**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**

**References**

1. Long Jump Technique and Training by Jim Giroux
2. Long Jump - Training Program - BrianMac Sports Coach

**Links**

<https://www.olympic.org>

<https://en.wikipedia.org>