

**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**

**Summary**

This course provides an introduction to the key concepts and terminologies of long jump. The course will also explain the origin and history of long jump along with its various techniques. More emphasis is placed on the understanding of various terminologies of long jump.