

Course Name : Bachelor of Physical Education

Year : Ist

Paper Name : Skill and Fundamental of Athletics

Paper No. B

Lecture No. 1

Topic No. 3

Lecture Title : Long Jump: Techniques and Rules

F.A.Q.

Q1. Name the longest standing world records in long jump ?

A1. The long jump is also notable for two of the longest-standing world records in any track and field event. In 1935, Jesse Owens set a long jump world record that was not broken until 1960 by Ralph Boston. Later, Bob Beamon jumped 8.90 meters (29 feet, 2-1/2 inches) at the 1968 Summer Olympics, a jump not exceeded until 1991.

Q2. Who become first African-american to win golf medal ?

A2. The dedicated student athlete from the University of Michigan became the first African-American to win an individual golf medal at the Olympic Games when he won the 1924 long jump competition in Paris.

Q3. Who Is the current world record holder for women long jump ?

A3. Galina Chistyakova. The Russian long jumper is the current world record holder for the women's long jump at 7.52 meters, a jump she recorded while winning the bronze metal at the 1988 Olympic Games.

Q4. What comprises the panel of Judges ?

A4. The panel of Judges consists of 1 Chief Judge, Judges and a Recorder. The Chief Judge shall co-ordinate the work of the Judges as well as allocates duties if it is not done yet.

Q5. How does trails help the athlete ?

A5. It will reduce the injury risk of the athlete which has to participate in several events during the competition; it will reduce the length of the competition; and will increase spectator value. Time allowed for a trial is 1 minute.