

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

Glossary

Precise - Accuracy

Somersaulting - An acrobatic movement in which person turns his head ver heads

Overbalancing - To provide with more weight

Squared - Like a square

Supervision - Act of Supervising someone