

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No. I (Part-B 2)**

**Topic No. B (4)**

**Topic Name: Tripple Jump**

**Lecture No.: 51**

**Lecture Title**

**Triple Jump**

**Glossary**

1. **Rival:** A person or thing competing with another for the same objective or for superiority in the same field of activity
2. **Approximating:** Come close or be similar to something in quality, nature, or quantity
3. **Inclination:** a person's natural tendency or urge to act or feel in a particular way; a disposition
4. **Manoeuvre:** A movement or series of moves requiring skill and care
5. **Gauge :** An instrument that measures and gives a visual display of the amount, level, or contents of something