

**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**

**References**

Triple Jump Paperback –by Tom McNab (Author), Ted King (Editor)

Complete Book of Jumps Paperback – by Hollis Conway (Foreword), Ed Jacoby (Author), Bob Fraley (Author)

**Links**

[www.triplejump.eu](http://www.triplejump.eu)

<https://www.olympic.org>