

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

Summary

The triple jump is one of the more complicated events in track and field competition. As in the long jump, the athlete begins with a run-up to the take-off board in order to gain speed. The run-up is followed by three successive phases: a hop, a step, and a jump. In the hop, the athlete takes off and lands on the same foot; the step requires landing on the opposite foot; and finally the jump is terminated by landing on both feet in a sand pit. The three phases require a high degree of coordination and balance. The aim of this chapter to achieves the best triple jump performances in the competitions from the athletes. Triple Jump is probably the most demanding or the jumping events in terms of stress on the joints and injury risk. Correct technique and training is important with the jumper aiming to make each of the three phases equal rather than a long hop, short step and long jump as many beginners end up doing.