

**Course Name: Bachelor of Physical Education**  
**Year - IInd (Part-3)**  
**Paper Name - Skill and Prowess**  
**Topic Name - Skill and Prowess**  
**Topic No. – Part – III (B) I**  
**Paper No. - B**  
**Lecture No. – 15**

**Lecture Title**

**Hurdle Races I**

**References**

A Text Book of Physical Education and Sports

[www.ebooks.com/subjects/education-physical-education-ebooks/462/](http://www.ebooks.com/subjects/education-physical-education-ebooks/462/)

**Links**

<http://www.livestrong.com>

<http://www.livestrong.com>

<http://www.pedagonet.com>