

**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**

### **Summary**

**Hurdling** is the act of running and jumping over an obstacle at speed. In the sport of athletics, hurdling forms the basis of a number track and field events which are a highly specialized form of obstacle racing. Under easier condition hurdling can be learnt comparatively quickly by children, adolescents and adults. The conditions should be related to the age and the efficiency level of the learners.