

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. – 16

Lecture Title
Hurdle Races II

FAQ's

Q1.What is Running Rhythm?

Ans: Good hurdling depends on the sprinting qualities and technical skills of the hurdler. Compared with the 80-meters Hurdle the 100 meters hurdle race requires superior running abilities. It is technically more difficult to master the approach distance and the distance between hurdles than to clear the somewhat higher hurdles.

Q2. The hurdle stride depends on ?

A2. The technical details of the hurdle stride depends on the hurdle height and refer mainly to the action of the leading leg and the trailing leg as well as to the position of the upper body.

Q3. Explain the Trailing Leg Action?

A3. In order to keep a low trajectory of the body's centre of gravity, the hurdler must stretch the thigh of the trailing leg laterally away from the body. In a well executed trailing-leg action, a **woman** hurdler sweeps her trailing knee low over the top of the hurdle.

Q4. What is the importance of the 400 m hurdles?

A4. It is known as the most strenuous event of all hurdle races. Due to the degree of fatigue inherent in 400-m hurdling, the technique of the event is more difficult to learn.

Q5. Define the technique behind Hurdle clearance?

A5. No particular technique is required for the hurdle stride in the 400 meters hurdles; it is comparable to that of the 110- or 100-m technique; **which** is the more rational depends mainly on the body height of the hurdler. Short men tend to use the 100-m technique, while taller ones prefer the technique of the 100 meters hurdle race.