

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

Summary:

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. The object of the technical training should be to achieve harmony between the sprinting and the hurdling stride and to lead the learner step by step to competition level.