

**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) II**  
**Paper No. - B**  
**Lecture No. – 20**

**Lecture Title**

**High Jump – 1**

**FAQ's**

**Question 1: How was Floppers executed?**

**Answer:** In this technique the athlete would direct himself over the bar head and should first, sliding over on his back and landing in a fashion which would likely have broken his neck in the old, sawdust landing pits.

**Question 2: What are the measurements for the runway and landing area?**

**Answer:** The minimum length of the runway should be 15 m (16yds) (or 20 m for more important competitions), and the landing area should measure not less than 5 m ( $5^{1/2}$ ) in length and 3 m ( $3^{1/2}$ yds) in width.

**Question 3: What are the various stages of the High Jump?**

**Answer:** The various stages are (a) The approach (b) The Take-off (c) The cheeking phase.

**Question 4: What is the most recent finding of approach run in penultimate stride?**

**Answer:** According to the most recent findings(,) the penultimate stride should be about 1 foot longer than the last stride, which blends with the take-off proper.

**Question 5: How the body moved according to Horizontal plane during acceleration phase?**

**Answer:** In the final take-off phase the body must be completely extended from the toes up-wars, reaching an angle of 90 degrees to the horizontal.