

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

References

High Jump by Dr. A.K. Srivastava

The High Jump Book by David E. Martin

Complete Book of Jumps Paperback – by Ed Jacoby

Links

<https://www.highjump.com>