

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

Summary

The high jump is a track and field event in which competitors must jump unaided over a horizontal bar placed at measured heights without dislodging it. In its modern most practised format, a bar is placed between two standards with a crash mat for landing. The training stage is characterized by the systematic training of different elements and their various relationships, and may be regarded as special training, which should result in the coordinated execution of the sequence of movements