

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. – 21

Lecture Title
High Jump - 2

FAQ's

Question 1: 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-wards, reaching an angle of 90 degrees to the horizontal.

Question 2: What are techniques used in Swinging leg action?

Answer: Actually, two techniques can be applied for the swinging leg action: one in which the leg is bent at the knee joint and one in which it is straight.

Question 3: Enumerate the various Jumping techniques?

Answer: Basically five jumping techniques are known: straddle, western roll eastern cut-off with and without trunk layout, scissors and fasbury flop.

Question 4: What are acquired rules for starting the straddle form of High Jump?

Answer: As a rule, therefore, one should not start with special training of the straddle before the age of 13 or 14, whereas learning the crude or simplified form can be started by boys and by girls, at the age of 9 to 10 years, mainly with the object of building up versatility and agility.

Question 5: What are the time considerations for Consecutive Trials?

Answer: For consecutive trials by the same athlete when more than three athletes are still competing the time is 2 minutes, and 3 minutes if only 1 athlete is participating.