

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

Summary

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. This training system should chiefly be used by the high jump specialist and provides the foundations for the special technical training