

RA1811003010628
Assignment-1

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Types of movement involved in long jump.

1) In Running

Logittal movements as the arms and legs move forward. However, there is also a rotational component as the joints of leg lock to support the body weight on each side. (Hyper-extension, dorsiflexion, plantar flexion) there is also an element of counter pelvic rotation as the chest moves forward on the opposite side.

then

~~Deep leg~~

last stride

cyclic movements of legs and hands.

upright position of torso

Take-off

Fast - pausing plant on sole of take off foot, slight bending of the knee joint, Ankle, knee and hip joint extended during push-off.

Hitch Kick

(in Air)

cyclic motion of both arms and legs

landing

legs draw forward, snatching at the air. Arm swing forward on contact with the ground.

knees bend quickly and pelvis moves forward.