## TABLE OF CONTENTS

Certif	icate by the Supervisor	Page
	ration by the Scholar	i
Dedic	ation	ii
	owledgement	iv
List of	f Tables	vii
List of	f Illustrations	X
List of	f Appendices	xi
CHA	PTER I INTRODUCTION	1-38
1.1	Athletics	
1.2	Importance of Athletics	2
1.3	Long Jump	
1.4	Components of Long Jump	5
1.4.1	The Approach	8
1.4.2	Ideal Speed	10
1.4.3	The Last Two Strides	11
1.4.4	Takeoff	11
1.4.5	Kick	12
1.4.6	Double-Arm	12
1.4.7	Sprint	12
1.4.8	Power Sprint or Bounding	13
1.4.9	Action in The Air And Landing	14
1.4.10	8	15
1.4.11	Optimum Take Off Angle	16
1.5	Long Jump Styles	16
1.5.1	The Stride Jump	16
1.5.2	The Hang Style	17
1.5.3	The Hitch-Kick	17
1.6	Training	18
1.6.1	Speed Work	20
1.6.2	Jumping	20
1.6.3	Over-Distance Running	20
1.6.4	Weight Training	21
1.6.5	Plyometrics	21
1.6.6	Bounding	22
1.6.7	Flexibility	22
1.7	Physical Fitness For Long Jump Performance	23
1.7.1	Speed	27
1.7.2	Explosive Power	28
1.7.3	Flexibility	29
1.7.4 1.7.5	Endurance	29
1./.)	Strength	2.1

## TABLE OF CONTENTS

		PAGE
1.8	Reasons For Selection of Topic And Variables	32
1.9	Objective of This Study	33
1.10	Statement of The Problem	33
1.11	Hypotheses	33
1.12	Significance of The Study	34
1.13	Delimitations	35
	Limitations	36
1.15	Definition of Terms	37
СНАН	TER II REVIEW OF RELATED LITERATURE	39-78
2.1	Studies Relating To Long Jump Performance	39
2.2	Studies Relating To Comparisons of Physical Fitness Variables	54
2.3	Summary of Related Literature	78
CHAF	PTER III METHODOLOGY	79-95
3.1	Selection of Subjects	79
3.2	Selection of Variables	80
3.3	Research Design	81
3.4	Pilot Study	82
3.5	Criterion Measures	82
3.6	Reliability of Data	83
3.7	Reliability of Instruments	84
3.8	Tester's Reliability	84
3.9	Subject Reliability	84
3.10	Test Administration	85
3.11	Physical Fitness Components	85
3.11.1	10 Strides Test	85
	Speed (50 M Run)	86
3.11.3	Explosive Power (Standing Broad Jump)	87
3.11.4	Leg Explosive Power (Vertical Jump Test)	88
	Pull Ups	89
3.11.6	Squat (Lower Body Strength)	89
	Flexibility (Sit And Reach Test)	90
3.11.8	Abdominal Strength Test (Sit Ups)	91
3.11.9	Long Jump	92
3.12	Collection of Data	93
3.13	The state of the s	93
	Descriptive Statistics	93
	Correlational Analysis	94
3.13.3	Multiple Correlation Analysis	0/1

## TABLE OF CONTENTS

		PAGE			
CHAP	PTER IV RESULTS AND DISCUSSIONS	96-118			
4.1	Overview	96			
4.2	Test of Significance	97			
4.2.1	Level of Significance	98			
4.3	Computation of Descriptive Statistics	99			
4.3.1	For Indian Male Long Jumpers	99			
4.3.2	For Indian Female Long Jumpers	100			
4.4	Computation of 't' Between Indian Male And Female Long	g Jumpers 102			
4.5	Computation of Correlation Coefficient	103			
4.5.1	For Indian Male Long Jumpers	103			
4.5.2	For Indian Female Long Jumpers	106			
4.6	Computation of Multiple Regression Analysis	108			
4.6.1	For Indian Male Long Jumpers	108			
4.6.2	For Indian Female Long Jumpers	112			
4.7	Discussions on Hypotheses	116			
CHAPTER V SUMMARY CONCLUSIONS AND					
	RECOMMENDATIONS	119-126			
5.1	Summary	119			
5.2	Conclusions	123			
5.3	Recommendations	124			
5.4	Suggestions For Further Research	125			
BIBLI	IOGRAPHY	127			
	Books	127			
	Journals And Periodicals	128			
	Websites Visited	133			

## REPRINTS

- 1. RELATIONSHIP BETWEEN LEG POWER, REACTION TIME AND LONG JUMP PERFORMANCE
- 2. SPEED AND AGILITY AS DETERMINANTS OF LONG JUMP PERFORMANCE