

Name _____

Hurdling in Track and Field: Leaping Over Obstacles

Open-Ended Response Questions

1. Can you explain the difference between high school boys' and girls' hurdle heights, and why these differences exist?
2. Imagine you are a hurdler preparing for a race. Describe the mental and physical preparation you would undertake before competing in a hurdling event.
3. How might the skills and techniques learned in hurdling be valuable in other areas of life or sports?
4. Discuss the challenges that Olympic hurdlers face, both in terms of their training and the pressure of competing at the highest level.

