

Abstract

The aim of this study was to determine how the performance of the Egyptian high jumpers is depending on the kinematic parameters of a take-off phase. The sample of the study has been selected from competitors of the high jump event - three jumpers representing the Egyptian international athletic team. The researcher has studied the sample using a direct measurement by a synchronized 3D video system to measure the kinematic parameters. The researcher has found a relation between record level and vertical velocity components with improvement in technique and better fitness levels, thus the Egyptian jumpers can achieve further progress in their results. This raises optimism because Omer Samir (A_2) is very young and his current record 2.02m gives hope for future World – Class.

Key words

High jump, kinematic parameters, take-off phase.