

Biomechanics of Sports

Biomechanical Terms and Concepts Force

April 21, 2020



Lesson: April 21, 2020

Objective/Learning Target: Identify and apply the concept of force in the assessment of biomechanics.



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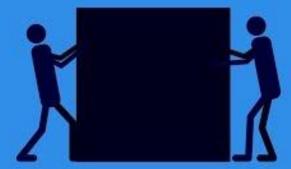
Instructions: Watch the video and then answer the follow-up questions.





FORCE - PART 1

300K + VIEWS





Force is any interaction that when unopposed, will change the motion of an object. Forces can move a body which is at rest, slow or stop a body which is moving, or accelerate a body that is already in motion.

Force is any interaction that when unopposed, changes the motion of an object.



Questions

- 1. Does movement need to occur for force to be present?
- 2. What are some examples of force discussed in the video?
- 3. What happens when an external force is applied to an object?



Email your discussion questions to the following instructors:

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