

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.



Lesson: April 21, 2020

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:

jay_kolster@idschools.org

Tyler_rathke@idschools.org

Marcus_Summers@idschools.org