

Biomechanics of Sports

Biomechanical Terms and Concepts

Friction

April 22, 2020



Lesson: April 22, 2020

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



Lesson: April 22, 2020

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

FACTORS AFFECTING FRICTION



Friction is a force type which is evident when a body moves across the surface of another body. It is described as a force that “*opposes or impedes the motion of the body in question.*” The reason skiers **wax their skis** for example, is in an attempt to reduce, and minimize friction.



Questions

1. The force of friction goes in which direction of the applied force?
2. How does the force of friction affect an object's ability to move?
3. Why is friction higher on rough surfaces?
4. How does the mass of an object affect the amount of friction on that object?



Email your discussion questions to the following instructors:

jay_kolster@idschools.org

Tyler_rathke@idschools.org

Marcus_Summers@idschools.org