



Biomechanics of Sports

Biomechanical Terms and Concepts

Balance and Stability

April 23, 2020



Lesson: April 23, 2020

Objective/Learning Target: Identify and apply the concepts of balance and stability in the assessment of biomechanics.



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



Base of support

Your base of support is the area between all parts of an object in contact with the ground.

We can improve our overall stability by increasing the size of our BOS





Questions

1. Why are balance and stability important?
2. What are the three components of balance and stability?
3. How can we increase our balance and stability using our Base of Support?
4. How can we improve our balance and stability using our center of gravity?
5. What is the ideal location of the line of support for balance and stability?



Email your discussion questions to the following instructors:

jay_kolster@idschools.org

Tyler_rathke@idschools.org

Marcus_Summers@idschools.org