

Biomechanics of Sports

Biomechanical Terms and Concepts

Identifying Sprinting Technique Pt 2

April 28, 2020



Lesson: April 28, 2020

Objective/Learning Target: Identify and apply the concepts of Sprint Technique.



Warm-up Review Activity:

1. What is gait and how is it defined?
2. What are the 5 key landmarks noted in the gait cycle?



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Instructions: Identify key landmarks in the gait cycle using the kinogram as well as the online video.

Kinogram Practice:

Identify each landmark of sprinting and write the name above the number!

#1

#2

#3

#4

#5



Online Practice:

1. Pause Video
2. Identify Landmarks
3. Use all 5





Email your questions to the following instructors:

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