

### **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!

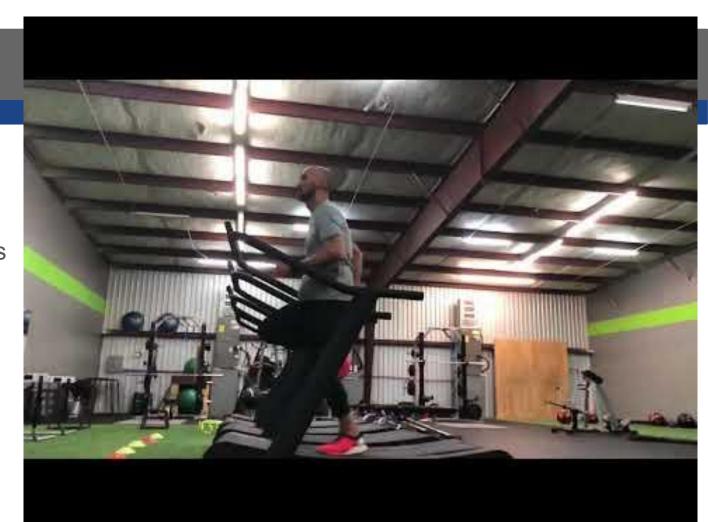
#1 #2 #3 #4 #5





#### **Online Practice:**

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





## Email your questions to the following instructors:

<u>jay kolster@isdschools.org</u>
<u>Tyler rathke@isdschools.org</u>

<u>Marcus Summers@isdschools.org</u>