

Biomechanics of Sports

Biomechanical Terms and Concepts

Muscle Function in Sprinting

April 29, 2020



Lesson: April 29, 2020

Objective/Learning Target: Identify the muscles associated with sprinting at each landmark.

Background Information: Using the landmarks in yesterday's lesson, as well as the muscles and joint movements from the first semester you will be able to complete today's lesson.



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Instructions: Watch the online practice opportunity videos listed below and answer the supporting questions.

ACTIVE MUSCLES WHILE SPRINTING



Questions:

1. What muscles are most active on landing?
2. What muscles are most active on push-off?
3. Compare the posterior and anterior chains in terms of which side is used of core.
4. When the front leg is fully extended it is important to activate which muscles in order to be most powerful?



Email your discussion questions to the following instructors:

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