

Biomechanics of Sports

Considerations of Overhead Throwers and Rowing Exercise Prescription

May 18, 2020



Lesson: May 18, 2020

Objective/Learning Target:

The student will gain knowledge in understanding the importance of scapular/posterual assessment and the impact on exercise prescription.



Instructions

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





Questions

1. Why does scapular positioning impact the selection of rowing exercises?
2. When someone is rhomboid dominant, what might their background of training be?
3. Could you discuss what a lifelong swimmer's scapular positioning be? Lat dominant or rhomboid dominant?



Email your discussion questions to the following instructors:

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