

Applying Biomechanical Principles to Activity

In this assignment you must participate in one physical activity that involves transport, manipulation, and balance. Select one from your 'Movement Skills in Physical Activities' assignment.

You will participate in this activity for at least 30 minutes and then have your supervisor (parent/guardian, learning partner, or coach) sign the declaration below. You will then answer question 1 to 4 below.

If this is a new activity; be sure to check safety rules and procedures related to it and have your parent/guardian sign off on the new activity.

Action: _____

You must participate in this activity for at least 30 minutes, have the following declaration signed, and then answer the questions below.

Supervisor's Declaration

"I declare that the student completing this assignment has performed this activity for at least 30 minutes."

Supervisor's signature (parent/guardian, learning partner, or coach)

Date:

1. What were the various considerations around the four principles related to force that you found within this activity? (3 marks)

2. What were the considerations around the three laws of motion that you found within this activity? (3 marks)

3. How was balance involved within this activity? Was it dynamic, static, or both? How as the centre of gravity affected? (3 marks)

4. If you did the activity again, how could you refine your skills to make the activity more successful? Use Biomechanical Principles in your answer. (3 marks)
