

Vista del Lago Fit 2- POSE Analysis

Assignment: Create a video of you running at least 30 strides on flat ground. Compare your video with a partner or your initial POSE analysis from the first week of school. Create a prezi or google slides, using the slide guideline below to analyze 2 examples of the POSE running method. Turn assignment in via google classroom.

Preferred Resources: iPad, iMovie, Hudl technique free app,

Other resources: smart phone with video camera, video camera, video editing software

Suggestion: use one device for filming and editing

Slide Guideline

- A. TITLE PAGE
 - a. Group Member Names
 - b. Teacher
 - c. Period
 - d. Picture or Video of Movement in background
- B. VIDEO
 - a. Complete initial POSE 6 point video analysis of student (week 1)
 - b. Complete current POSE 6 point video analysis of student (week 7)
- C. Point 1: "Initial Contact" Example 1
 - Title Page (Initial Contact, student name)
 - Video or photo of Initial Contact
 - Explanation of how far ahead your body is of your foot (heel strike)
- D. Point 1 "initial Contact" Example 2
 - Title Page (Initial Contact, student name)
 - Video or photo of Initial Contact
 - Explanation of how far ahead your body is of your foot (heel strike)
- E. Point 2: "Trail Leg"
 - Title Page (Trail Leg, student name)
 - Video of Trail Leg
 - Explanation of where trail leg is at initial contact, (under, behind, or in front of your body)
- F. Point 2: "Trail Leg"
 - Title Page (Trail Leg, student name)
 - Video of Trail Leg
 - Explanation of where trail leg is at initial contact, (under, behind, or in front of your body)
- G. Point 3: "Running POSE"
 - Title Page (The Running POSE, student name)
 - Video of The Running Pose
 - Explanation of how many frames it takes to get to the running POSE (1 frame is adequate, 3 or more frames=technique flaw)
- H. Point 3: "Running POSE"
 - Title Page (The Running POSE, student name)
 - Video of The Running Pose
 - Explanation of how many frames it takes to get to the running POSE (1 frame is adequate, 3 or more frames=technique flaw)
- I. Point 4: "The Vertical"
 - Title Page (The Vertical, student name)
 - Video of The Vertical
 - Explanation of whether you are vertical or already leaning forward.
- J. Point 4: "The Vertical"
 - Title Page (The Vertical, student name)
 - Video of The Vertical
 - Explanation of whether you are vertical or already leaning forward.
- K. Point 5: "Fall Angle"
 - Title Page (Fall Angle, student name)
 - Video of The Vertical
 - Explanation of when the trail foot passes the knee of the support leg. Max fall=22 degrees
- L. Point 5: "Fall Angle"
 - Title Page (Fall Angle, student name)

Video of The Vertical

Explanation of when the trail foot passes the knee of the support leg. Max fall=22 degrees

M. Point 6: "Pull Timing"

Title Page (Pull Timing, student name)

Video of Pull Timing

Explanation of when the trail leg starts to pull. Pulling should start at end of fall.

N. Point 6: "Pull Timing"

Title Page (Pull Timing, student name)

Video of Pull Timing

Explanation of when the trail leg starts to pull. Pulling should start at end of fall.

O. Conclusion/Comparison

In comparing each of the six points, identify which example is closer to the standard POSE technique that we have been studying in class. Explain your findings.

P. End Credits

Providing screen credit for all students involved (filming, editing and examples)

Introduction/ Credits (5 points)	No Introduction or Conclusion was created.	Missing an Introduction or Conclusion.	Missing information and picture from Introduction and/or Conclusion.	Students, Teacher, and Block were listed without any background video or picture.	A video or picture was in the background of both Introduction and Credits. Students, Teacher, Block, and References were listed.
Video (20 points - 10 each)	No videos for either example	Neither video is complete or poor editing	One example video complete; Other example is missing.	Both examples completed, but poor editing (no side view; whole body or 30 strides)	Both examples are completed, demonstrate whole body, side view, with at least 30 strides visible.
Initial Contact (10 points)	No Title was used; no photos to compare; no explanation of initial contact.	Titles for both examples present, but no photos or explanation of initial contact.	Titles for both examples present, but only one photo or explanation of initial contact.	Titles for both examples present, both photos, but lack of explanation of initial contact.	Titles for both examples present, both photos, explanation of initial contact.
Trail Leg (10 points)	No Title was used; no photos to compare; no explanation of trail leg position.	Titles for both examples present, but no photos or explanation of trail leg position.	Titles for both examples present, but only one photo or explanation of trail leg position.	Titles for both examples present, both photos, but lack of explanation of trail leg position.	Titles for both examples present, both photos, explanation of trail leg position.
The Pose (10 points)	No Title was used; no photos/video to compare; no explanation of frames to POSE.	Titles for both examples present, but no photos/video or explanation of frames to POSE.	Titles for both examples present, but only one photo/video or explanation of frames to POSE.	Titles for both examples present, both photos/videos, but lack of explanation of frames to POSE.	Titles for both examples present, both photos/videos including, explanation of frames to POSE.
Vertical (10 points)	No Title was used; no photos to compare; no explanation of vertical POSE.	Titles for both examples present, but no photos or explanation of vertical POSE.	Titles for both examples present, but only one photo or explanation of vertical POSE.	Titles for both examples present, both photos, but lack of explanation of vertical POSE.	Titles for both examples present, both photos including, explanation of vertical POSE.
Fall Angle (10 points)	No Title was used; no photos to compare; no explanation of fall angle..	Titles for both examples present, but no photos or explanation of fall angle.	Titles for both examples present, but only one photo or explanation of fall angle.	Titles for both examples present, both photos, but lack of explanation of fall angle.	Titles for both examples present, both photos including, explanation of fall angle.
Pull Timing (10 points)	No Title was used; no photos to compare; no explanation of the trail legs pull timing.	Titles for both examples present, but no photos or explanation of the trail legs pull timing.	Titles for both examples present, but only one photo or explanation of the trail legs pull timing.	Titles for both examples present, both photos, but lack of explanation of the trail legs pull timing.	Titles for both examples present, both photos including, explanation of the trail legs pull timing.
Conclusion/ Comparison (15 points)	No comparisons of all 6 points between each example & missing	Only one comparison of some of the 6 points between each example &	Few comparisons of 6 points between each example & identify which example is	Comparison of some of the 6 points between each example & identify which	Complete comparison of all 6 points between each example & identify which example is

	identifying which example is closer to standard POSE technique.	no identifying which example is closer to standard POSE technique.	closer to standard POSE technique.	example is closer to standard POSE technique.	closer to standard POSE technique.
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Total Points = 100 points