

Name:

Date:

After watching

“The Issue with Heel Striking”

“When Most Running Injuries Occur”

“Why Should You Land on the Forefoot?”

“How Do You Get Injured?”

Please fill out this worksheet with the appropriate notes from the video. You may fill out this worksheet as your teacher plays the videos

1. When heel striking, what absorbs the impact?
2. When heel striking the leg is in full extension and the joints are _____
3. _____ cannot absorb impact because the leg is in front of the body.
4. _____ is the least desirable landing option.
5. For the forefoot strike initial contact is on the _____ of the foot, weight will then shift towards the _____ of the foot.
6. The heel will tap the ground for _____ and _____.
7. The joints are unlocked when landing and muscles can absorb impact which can be up to ___ times your bodyweight.
8. Trunk Position Injuries
 - a. Bending at the waist to counterbalance _____.
9. Foot Pull Injuries
 - a. Only associated with _____
10. Landing Injuries
 - What are the five Landing Phase injuries