

POWER STANDARD 1: I Can Move Correctly**BIOMECHANICS OF HUMAN MOVEMENT PROJECT**

Name: _____

_____ I have acquired the knowledge necessary to identify and demonstrate competency in motor skills for lifetime sports.

_____ I am able to identify movement patterns and biomechanical principles in a variety of lifetime sports.

Create a poster or visual aid that shows that you can identify and understand all five biomechanical principles of human movement.

1. Obtain pictures from magazines, newspaper sports pages, Google images, drawings, and so on that show people using the five biomechanical principles of human movement. It will probably take at least two or three pictures to get all of the principles.
2. Label the pictures with the following: *opposition*, *tracking*, *torque*, *follow-through*, and *weight transfer*. Glue them on paper and put definitions below labels (e.g., write "twisting power" under *torque*).
3. Make it as large as you would like. The best will be displayed and used to teach future students.

The five biomechanical principles are listed here along with teaching cues.

Five Biomechanical Principles of Human Movement

Tracking—Eye on ball, point to ball

Torque—Rotate hips and shoulders to target; twisting power

Weight transfer—Step in direction of target; stepping power

Opposition—Throw right, step left; sideways position

Follow-through—Finish on opposite side of body; connect the dots