

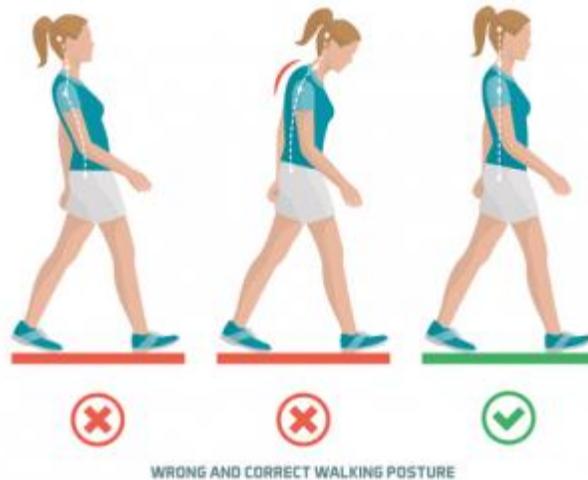
Good Body Mechanics

Introduction

Body mechanics refers to the way we move while doing daily activities. Body mechanics involve the way the muscles, skeleton, and the nervous system coordinate to ensure that the right balance, posture, and body alignment is maintained.

Good body mechanics prevent injury, muscle fatigue and pain. This includes how we position our body while doing basic movements such as sitting, standing or more complicated sports activities such as running, throwing and jumping.

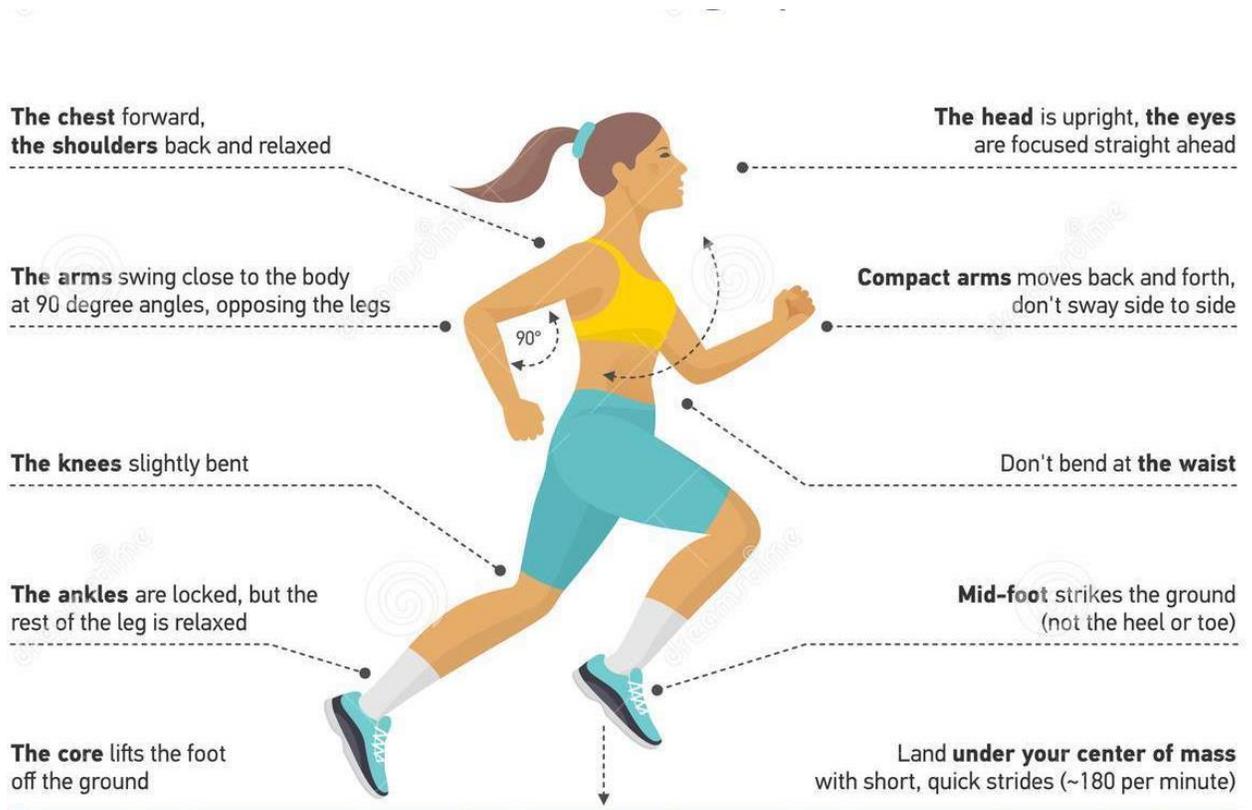
Poor or improper posture can cause the spine to be subjected to stress with time which can result in tear and wear. For these reasons, it is essential that we learn about the principles and guidelines that govern proper body mechanics in daily life activities.



Good Body Mechanism of Walking



Good Body Mechanism of Running



The effects of good body mechanics:

- Improves sports performance.
- Helps in understanding the limitation of the body movement.
- Increase self confidence in sportsperson.
- Prevents sports injuries.
- Prevents postural deformities.

Did you know?

Walking, jogging and running follow the same principles of body mechanism. The difference between walking and running is that when you walk, you always have one or both feet in contact with the ground during the gait cycle, whereas in running both feet are off the ground in the flight phase and you never have both feet in contact with the ground at the same time.

Task 1

Identify the difference in the foot movement while walking and running?

Task 2: Write True or False.

- a) Good body mechanics fatigue your muscles.
- b) Improper posture stresses your spin.
- c) The heel strikes the ground first when you walk.
- d) Good body mechanics increase your sports performance.
- e) Clench your fists when you run.

Task 3

How does good body mechanism affect your sports performance?