

Superhero Biomechanics

Tagalong worksheet

1. Motion capture can best be described as which of the following?
 - a. Stopping someone's motion by capturing them
 - b. An integrated system of cameras and measurement devices for recording human movement
 - c. Not sure, I dozed off for a minute
2. How do ground reaction forces translate to forces felt in the joints?
 - a. ... ok maybe it was more than a minute
 - b. Magic?
 - c. $F=ma$
3. List a few reasons why you think jumping takes coordination and attention.

4. Try each landing for yourself. Notice where on your body you feel each landing the most and make a note of it on the picture underneath.



Normal



Superhero

Discuss with a friend why you think you're seeing what you're seeing.