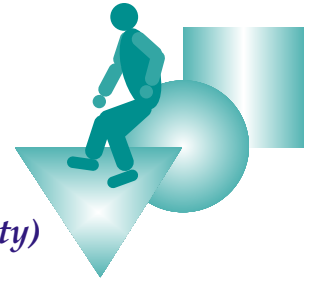


# Motion Commotion

## Student Activity 1C



### Processing Out:

#### *I. Ankle Flexibility and Muscle Endurance (Balance and Center of Gravity)*

1. How do your ankles work to help you maintain your balance?

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2. What might happen to your ability to balance if you had a cast on your foot?

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3. What other factors helped you maintain balance while you were on the board?

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4. How might being blindfolded affect your ability to balance on the board? Explain.

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#### *II. Reach for the Remote (Functional Reach)*

1. What is functional reach?

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2. How do you measure functional reach?

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3. What factors might affect functional reach?

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4. If you gain a lot of weight, how might that affect functional reach?

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### *III. Get Up and Go (Speed & Acceleration)*

1. How is speed measured?

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2. What factors might affect your speed?

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3. What are the units of measurement for speed?

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### *IV. Gymnastic Joints (Range of Motion)*

1. What is range of motion?

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2. How do you measure range of motion?

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3. Which joint(s) in your body have the *greatest* range of motion?

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4. What factors might affect your range of motion?

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### V. Carry My Books, Please (Isometric Strength)

1. What is isometric strength?

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2. How do you measure isometric strength?

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3. What factors might affect your isometric strength?

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## VI. *Inertia in Action*



1. What is inertia?

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2. What factors affect inertia?

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## VII. *Personal Information*

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1. After reviewing your personal health information, which factors might affect your ability to move well? Explain.

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2. Describe your health improvement goals based upon your personal information.

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