

Feature of walking & running workbook

Your name:

Date:

Your instructor:

Introduction

Welcome to this short session all about walking and running. You will be working in pairs to explore the key features of walking/running and your instructors will help

Wearing shorts will make this easier!

By exploring the features of walking & running we will be able to:

- Identify key features associated with walking
- Identify key features associated with running
- Compare how walking & running differ

Task 1 - **What are the features of normal walking?**

Watch your partner walk – what do you notice about the process?

Look at the diagram below; do you see how the limb progressively moves forward?



Task 2 - **What features are used to describe walking?**

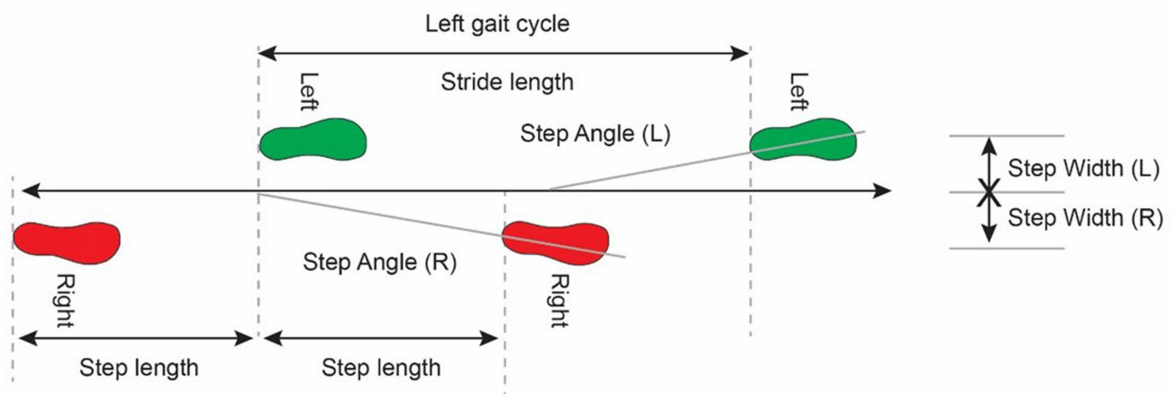
Use the table below to describe key features of walking; then compare with each other.

Key feature	Possible descriptions (please circle)				
Head position	Tilted left	Tilted right	level	Titled forward	Tilted back
Arm swing	More noticeable left		Equal		More noticeable right
Pelvic movement	Limited		Equal		Exaggerated
Knee position	Point out		Point forward		Point in
Foot angle	Point out		Point forward		Point in
Base of gait	Narrow		Medium		Wide

Things you can measure

- **Step length**
- **Stride length** (1 stride = 2 steps!)

The diagram below will help you



Task 3 What features can you use to describe running?

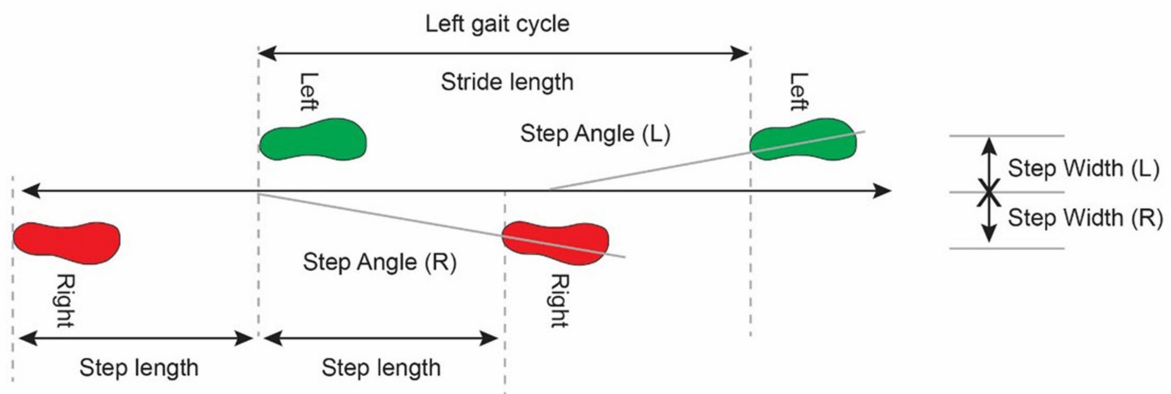
Using the same framework, watch each other run & note what you see

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Knee position	Point out		Point forward		Point in
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Task 4 Comparing walking & running

Looking at results from tasks 2 & 3 – how does running differ from walking?

