Running Pose Reference: Stride Phases and Torso Lean

Original task 1 / independent drawing and calculation

Task 1

Sketch a push-off phase where the left leg is the support leg extended behind the hip. The right knee rises forward. The torso lean is hypothetically 12 degrees. Label the lean angle.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Running Pose Reference: Stride Phases and Torso Lean

Original task 2 / independent drawing and calculation

Task 2

Draw a flight phase with the right leg forward and left leg back. Both feet are off the ground. The torso lean is hypothetically 10 degrees. Add arms in opposition.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 3 / independent drawing and calculation

Task 3

Compare contact and push-off panels: in contact, the support foot is under the hip; in push-off, it is behind. Draw both panels and label the torso lean angles. Use hypothetical angles of 6 and 14 degrees.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 4 / independent drawing and calculation

Task 4

Draw a contact phase where the left leg is support and the right leg swings backward. The torso lean is hypothetically 7 degrees. Label the lean and check that the support foot is under the hip.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Full drawing sheet / reusable blank workspace

Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.

Phase construction / source angles measured from the vertical

Make your own stick-and-shape pose in the empty panel. Given angles stay in the original question; the separate key follows later.

Measurements / explanation: _____

Check against the separate answer after your own construction.

Phase construction / source angles measured from the vertical

Make your own stick-and-shape pose in the empty panel. Given angles stay in the original question; the separate key follows later.

Measurements / explanation: _____

Check against the separate answer after your own construction.

Phase construction / source angles measured from the vertical

Make your own stick-and-shape pose in the empty panel. Given angles stay in the original question; the separate key follows later.

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Phase construction / source angles measured from the vertical

Make your own stick-and-shape pose in the empty panel. Given angles stay in the original question; the separate key follows later.

Measurements / explanation: _____

Check against the separate answer after your own construction.