**Pre and post presentation quiz:**

1. What are the 3 planes of motion through which movement occurs when running?

*Answer: frontal, sagittal, transverse*

1. Name 2 differences between walking and running.

*Answer: walking has double limb support, running single; forces of weight on the ground 2.5 times BW with running, 1X BW walking; landing under body running, landing in front walking; cadence faster with running;*

1. Name 1 potential gait difference in each plane of motion:

*Answer: sagittal: over-stride, limited hip extension, forward head/posture faults; frontal: lateral hip displacement/pelvic drop, lateral trunk shift, crossing midline; transverse: excessive rotation, arms cross over, knee valgus/varus, hips internally rotated.*

1. Is strength training important for runners? Why or Why not?

*Answer: Yes! Demands of running include 2.5X BW when hitting the ground; hip stability, LE alignment, core stability, speed, power (force in short period of time), etc.*

1. Name 3 strength training exercises that could be useful for runners to perform:

*Answer: squats, lunges, V sits, cable chop, plank, side plank, pointer dog, lateral lunge, mountain climbers, squat jumps, box hops, high skips (“A skips”), etc.*

1. What additional information would you like to learn about with respect to working with runners?

*Open ended feedback…*