

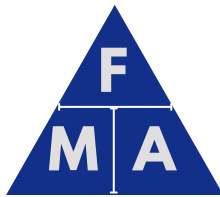
Newton's Three Laws of Motion



Second Law -

A _____ upon an object causes it to _____ according to the formula:

$$\text{_____ (N)} = \text{_____ (Kg)} \times \text{_____ (m/s/s)}$$



First Law -

_____ is the force required to change the state of motion. Unless acted upon by an _____ force, an object at _____ remains at rest, or if in motion, it continues to move in a _____ line with _____ speed.



Third Law -

For every action (_____), there is an _____ and _____ reaction.



2.1. BIOMECHANICAL PRINCIPLES



Scalars

→ A scalar _____ describes a measurement in size or _____ without taking into account _____.

Example -
units for the
equation
distance =
speed x time



Distance	Time	Speed
Metres	Seconds	
Kilometres	Hours	
Miles	Minutes	

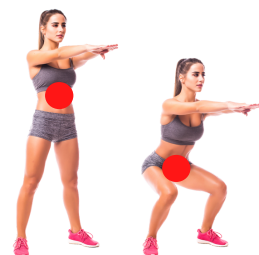
Centre of Mass (COM)

Where an objects mass is considered to be concentrated, also known as the "_____"

Depends on: 1. _____

2. _____ 3. _____

4. _____



Factors affecting stability

