



Motion Biomechanics

Elite swimmers like Adam Peaty rely on efficient technique and body position to move quickly through the water. Every stroke involves analysing motion, force, and leverage to reduce drag and maximise propulsion.

Identify one type of motion involved in swimming.

Explain how a swimmer generates propulsive force during the front crawl stroke.

How does streamlining help to reduce drag and improve performance?



Discussion: How can swimmers and coaches use video analysis or biomechanical feedback to improve technique?