A2 Coursework – Athletics (100m sprint & Long Jump)

A2 100m 15-60m acceleration phase

Usain Bolt (pictured) is the fastest man over 100m in the world, he also holds the record for the 200m and is widely regarded as the greatest ever sprinter.

After the sprint start and first 15 metres Bolt will have reached approximately 70% of his maximum velocity and will still be accelerating during this, but at a reduced rate in comparison to the beginning of the race.

Legs:

Bolt's rear leg drives off from the ground, achieving full extension with plantar flexion of the ankle aiding the drive of the toes off the track. He then pulls his leg through explosively, flexing at the knee to such a degree that the heel comes into close proximity with the underside of his buttocks, but not so close as to touch as this would slow the cycle of his leg. Bolt's thighs and knee drive forwards and high, the lower leg is relaxed with it still in a state of complete flexion. As the knee is reaching the highest point of the drive his lower leg swings powerfully through, extending forwards at the knee but not achieving full extension until it is in contact with the track. The leg then drives down onto the track, the leg extending at the knee as it goes. The downwards leg drive is a clawing motion, the toe strike is directly below Bolt's knee and his leg "claws" back as if pulling the ground underneath and behind him, driving his body forward over it.

Bolt remains on the balls of his feet at all times, as this is the most mechanically efficient position to sprint in, with his feet pointing forward straight down the lane, ensuring that he drives his legs straight, maximising his efficiency and effective effort distribution. As it is a sprint, his leg action is as fast as possible with good stride length to allow Bolt to continually accelerate through this phase.

Arms:

Bolt drives his arms smooth but powerful back and forth as fast as possible whilst still maintaining control, as this facilitates the rapid movement of his legs. The elbow drive commences just before rear leg drive and his elbows are kept at 90 degrees so that his hand doesn't drop below the approximate level of a pocket. His hands are relaxed, with the fingers either straight or loosely curled but not bunched in Bolts as this is a waste of energy.

Body:

His general posture is smooth and relaxed but driving as hard as possible with his elbows and legs. His body is kept with a

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