

Lecture 11

Wednesday, July 14, 2021

20:01

Beginning Biomechanics: A Little Background

- Barefoot running - evaluating feet as our point of contact - a transition point - between specificity of adaptation and biomechanics
- Anatomy of a shoe will impact mechanical functions of a foot
- Changing behavior is difference between MINIMALIST and MAXIMALIST
- Daniel Liberman (Harvard anthropologist)
 - o Talks about "persistence hunting"
 - o Run an animal to death - our ancestors have been running (a selective pressure for genetic adaptation) for about 2 million years (ish...probably)
 - o Efficient gate of running and cooling system for our body
 - o Pronated foot posture *POTENTIAL RISK*

? -- still confused on how our feet and shoes relate to biomechanics