# **MOBILITY:** RANGE OF MOTION

### You will need:

- Activewear top and shorts
- Bulky sports equipment
- Protractor
- Large piece of paper
- Marker
- Empty wall
- Tape

You can get these supplies from your local craft store.

#### Glossary:

- Mobility
- Pleats
- Gusset

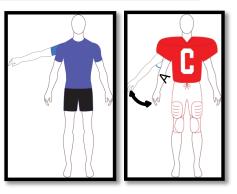
## Instructions:

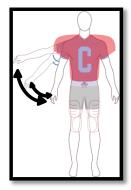
- 1. Tape the large piece of paper to the wall
- 2. Wearing activewear, stand with your back to the paper and raise your right arm sidewise as high as you can
- 3. Have someone help you trace the angle created with your arm and your body onto the paper
- Using the protractor, measure the angle drawn and record in Chart #1 (below)
- 5. Put on the equipment or clothing to test
- 6. Stand with your back to the paper and raise your right arm sidewise as high as you can
- 7. Have a friend trace the new angle
- 8. Measure the angle with the protractor and record in Chart #1
- 9. Subtract the equipment angle from the original angle and record the difference in Chart 1. Discuss your results!
- 10. Expand your knowledge by experimenting with different clothes and measuring different angles (leg raise, neck bend, knee bend, etc.)

## What's the Point?

**Mobility**, or how easily one can move, is a very important aspect of active wear. Many times, the clothing we wear restricts our mobility because of bulky and rigid fabrics or equipment. This can be a problem if we are playing a game where we have to move quickly or easily. Elastomeric fibers, knitted fabrics, and well-designed garments using pieces like **pleats** and **gussets** all provide stretch and ease that allow the player to move. This activity lets you test the mobility of your clothing and equipment.







#### Chart 1: Range of motion comparison wearing activewear and sports equipment

Type of Clothing	Angle
Active wear	
Equipment	
Difference	