

MOBILITY: RANGE OF MOTION

You will need:

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

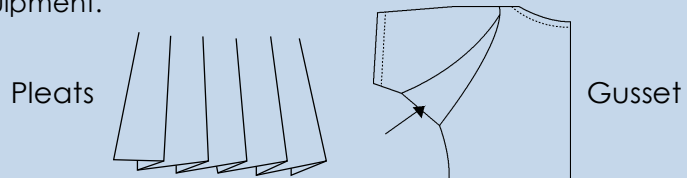
You can get these supplies from your local craft store.

Glossary:

- Mobility
- Pleats
- Gusset

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.



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
4. 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.)

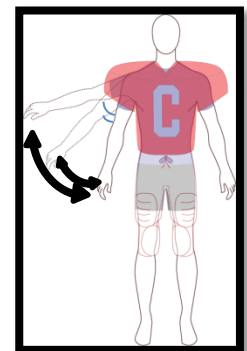
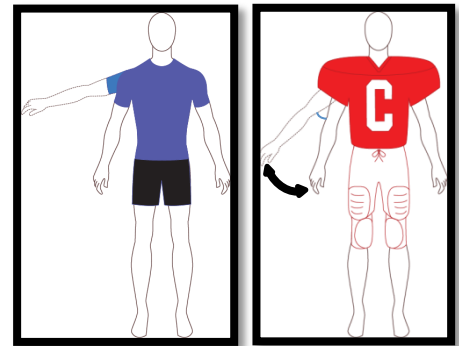


Chart 1: Range of motion comparison wearing activewear and sports equipment

Type of Clothing	Angle
Active wear	
Equipment	
Difference	