

## RUNNING TECHNIQUE TO PREVENT INJURY

Aleš Tomič

School Center Novo mesto, Electro Technical High School, Slovenia  
ales.tomic@sc-nm.si

### **Abstract:**

Running is the most basic and natural movement known to a man and nowadays it is becoming an increasingly popular way of recreation. In spite of its simple nature, there are certain factors that we have to take into account in order to avoid various injuries and to use the best technique to minimize the use of energy and achieve the best results. Modern running shoes should prevent injury to our feet, however, the statistics show that the incidence of injuries among recreational runners varies around 70.2% (Mulec, 2013), which is why we chose to use an ICT - smartphone with the ability to view slow motion during physical education classes. Consequently, we were able to monitor and get the insight into the pupils' running techniques. We upgraded their technique with various exercises to raise awareness of the recommended biomechanics, the economics of running, and anatomical adaptation of the muscular hocks.

*Keywords: running technique, anatomical adaptation, preventing injuries*