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# Learning Objectives

MedBridge

*Complete Runner: Running Form Analysis*

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## Course Objectives:

- Illustrate an understanding of both the strengths and weaknesses of 2-D motion analysis
- Perform a comprehensive running motion analysis and subsequently identify the most common movement patterns, including overstriding, low cadence, frontal plane collapse, and transverse plane runners
- Name the key angular and myokinematic motions and how they are typically sequenced within the running cycle