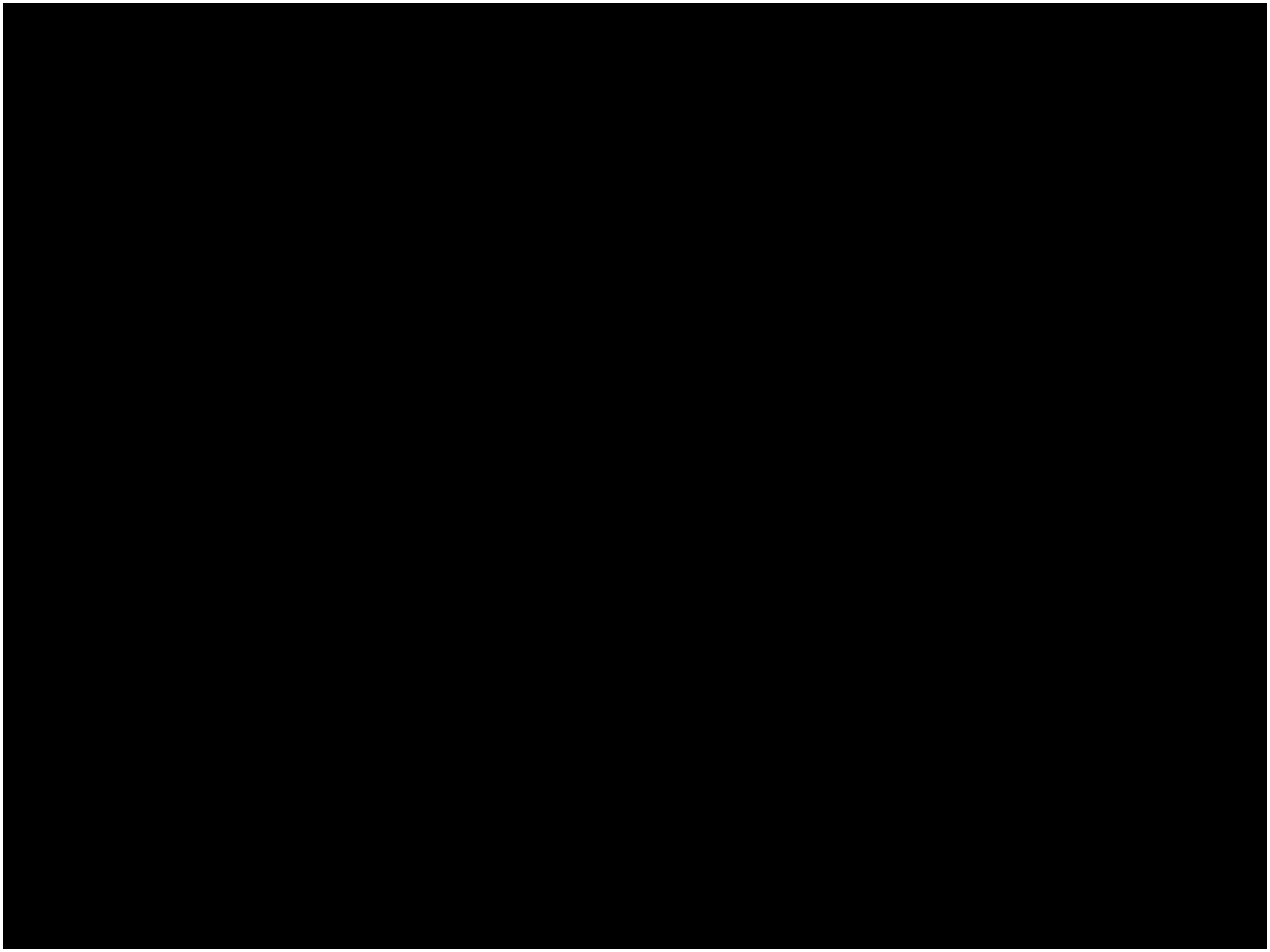
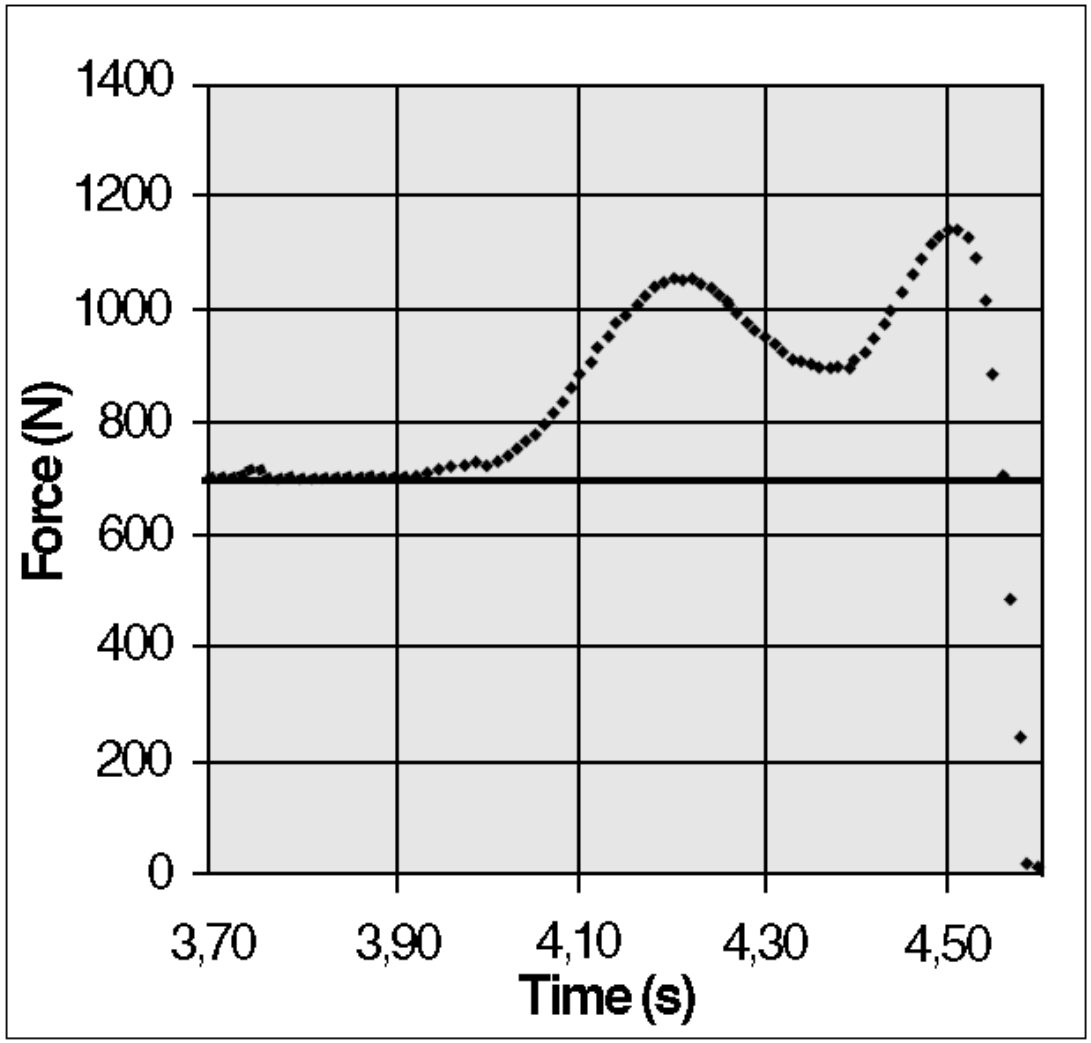
Inversão de Fosbury – Salto inovador de Dick Fosbury em 1968



Força realizada pela pessoa durante um salto vertical (pulo)



THE PHYSICS TEACHER ◆ Vol. 39, September 2001

Salto com vara

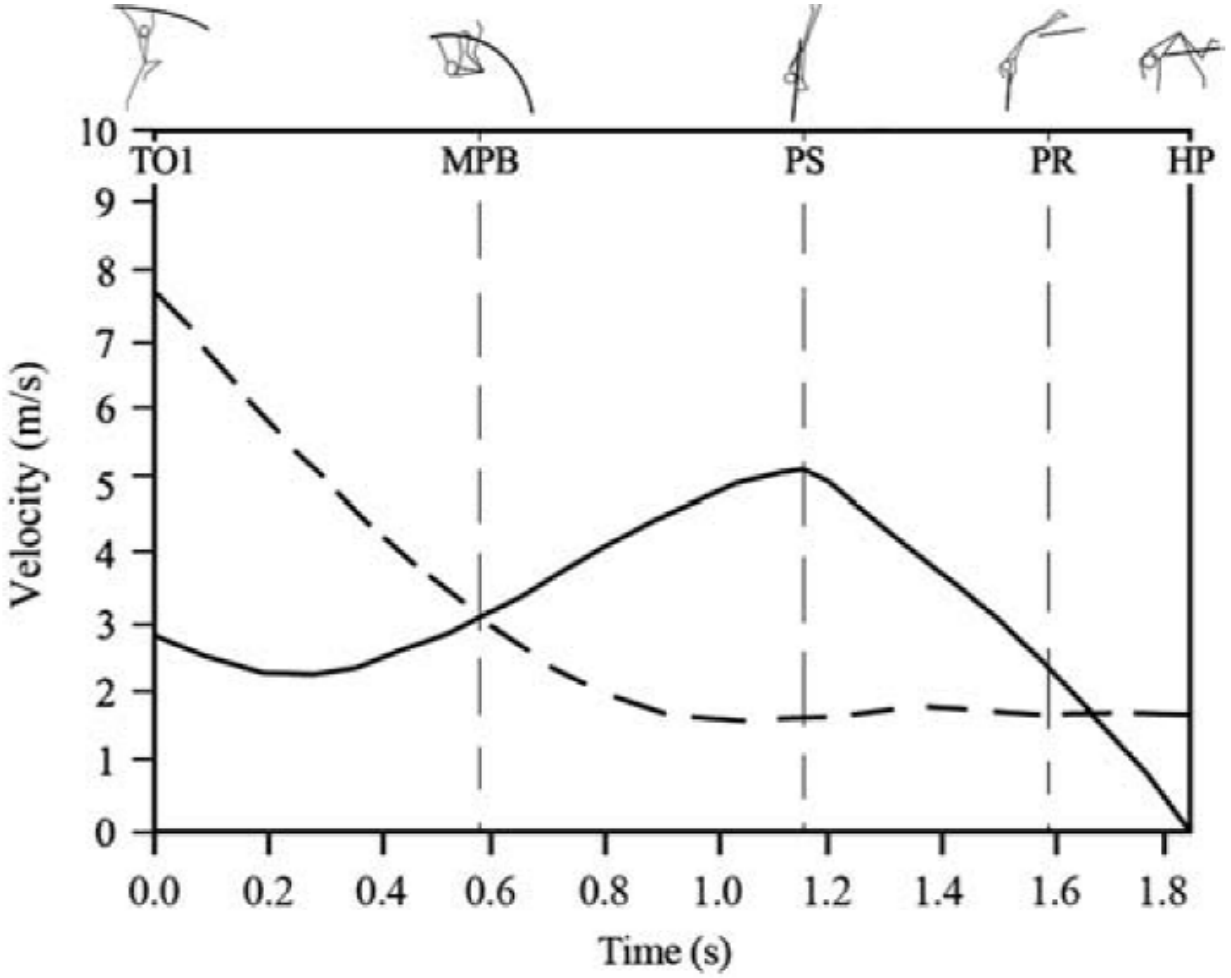


Figure 3. Typical curves of horizontal (dashed line) and vertical (solid line) velocities of the CG_v during the pole vault. Data from Gros and Kunkel (1990), Angulo-Kinzler et al. (1994), and Morlier (1999).

Mechanics of pole vaulting: a review

Sports Biomechanics, 9:2, 123-138,

Salto com vara

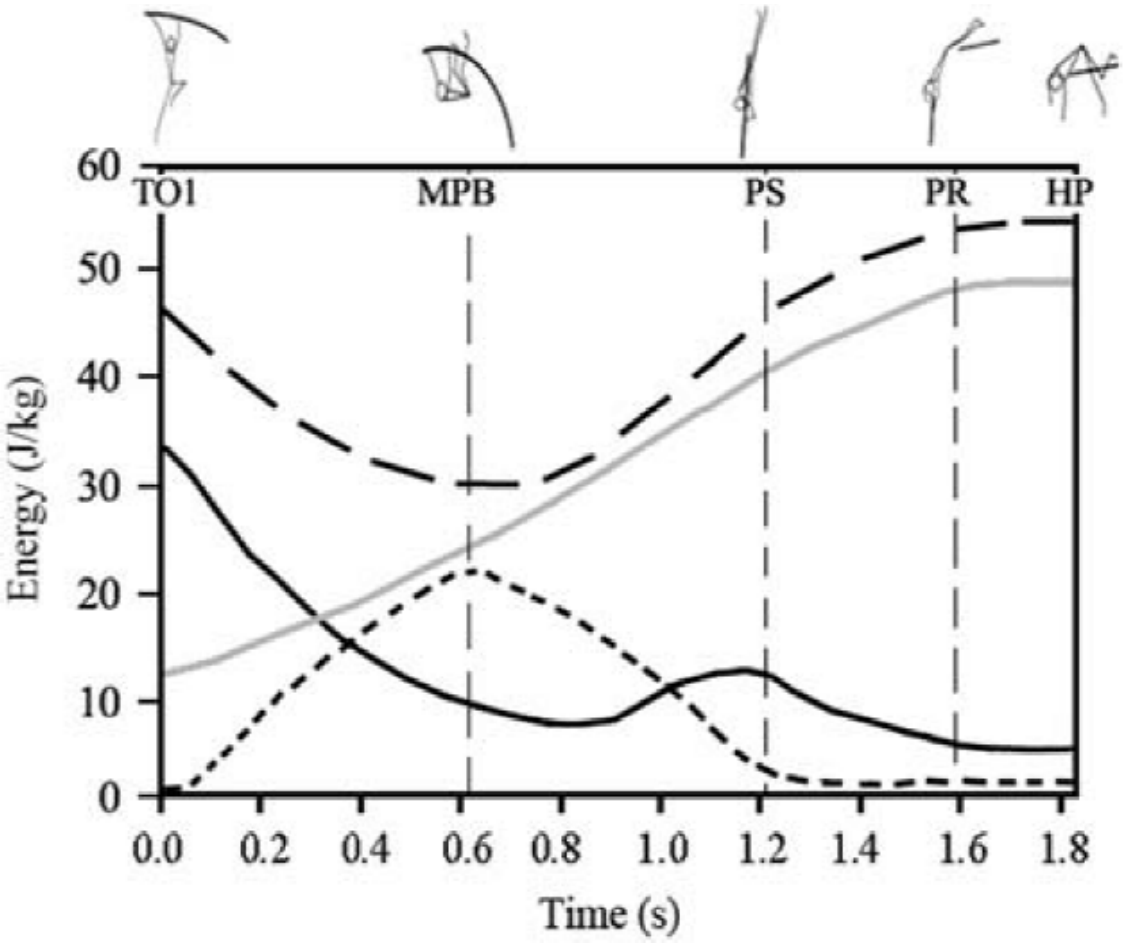


Figure 4. Typical curves of kinetic energy (black line), potential energy (grey line), and mechanical energy (dashed lined) of the athlete and total strain energy of the pole (dotted line) during the pole vault. Data from Dillman and Nelson (1968), Gros and Kunkel (1990), Morlier (1999), Arampatzis et al. (2004), and Schade et al. (2006).

Salto em distância

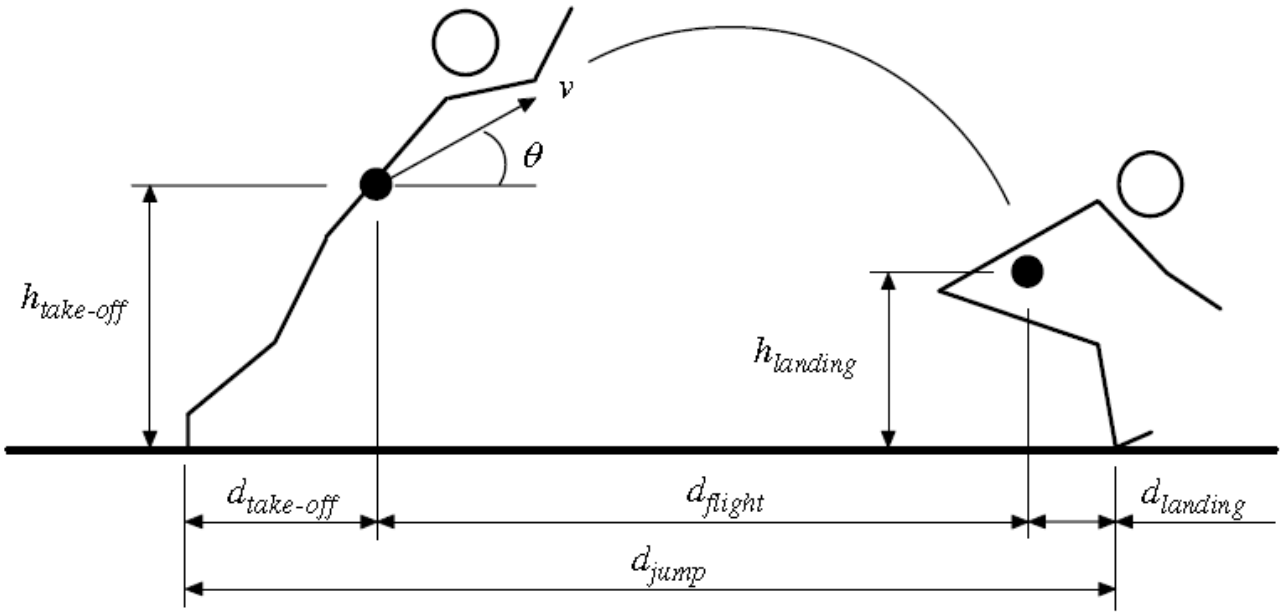


Fig. 1. Diagram of a standing long jump, showing contributions to the total jump distance.

Salto com vara

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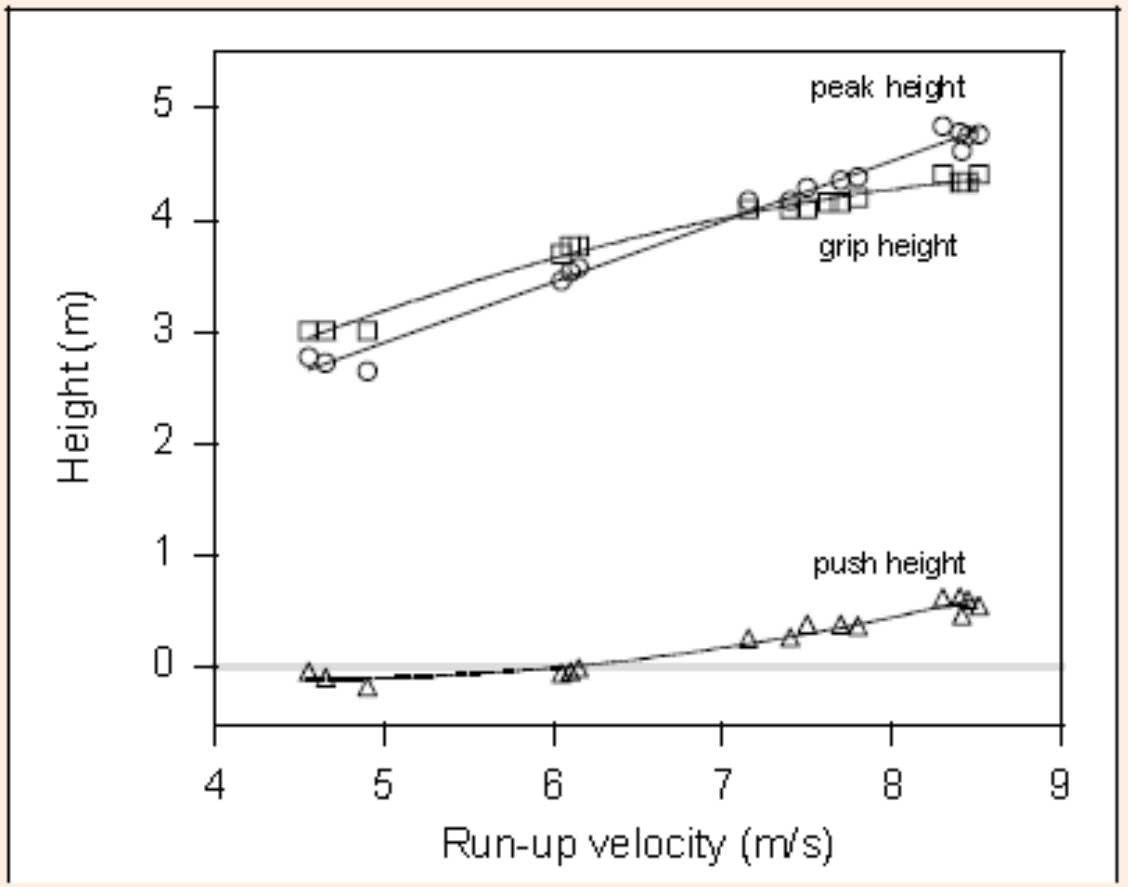

Figure 2. The athlete's peak height, grip height, and push height increased with increasing run-up velocity. The athlete's peak height increased at a rate of 0.54 m per 1 m/s increase in run-up velocity.

Journal of Sports Science and Medicine (2012) **11**, 245-254

Salto com vara

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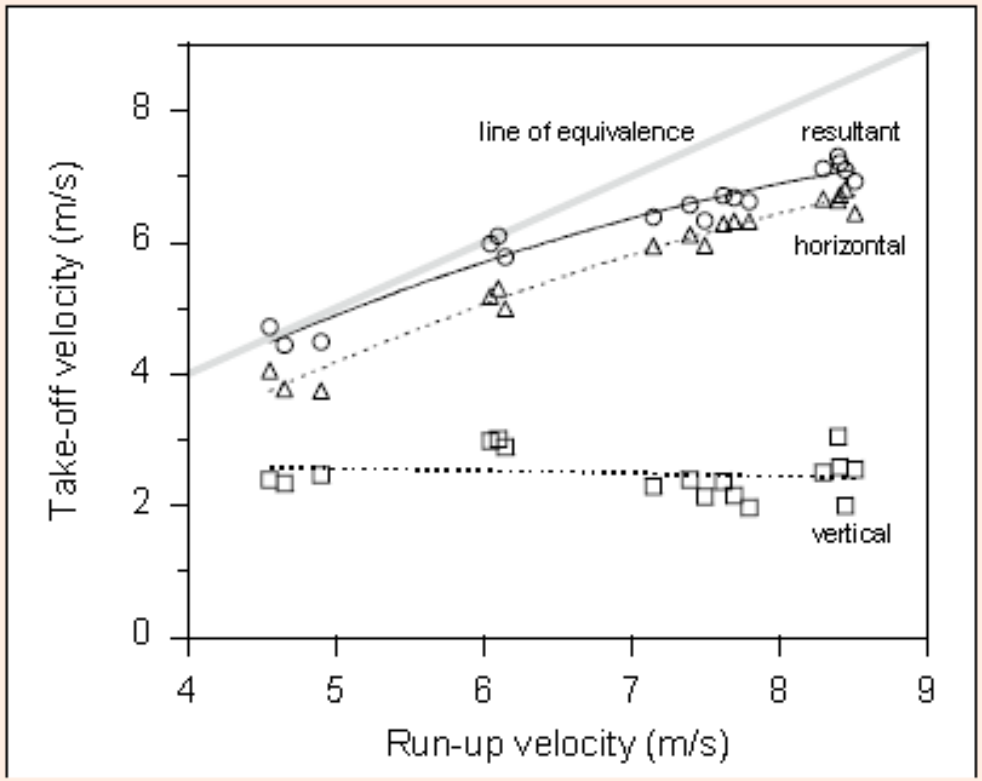

Figure 3. The athlete's take-off velocity increased with increasing run-up velocity (solid line). Also shown are the horizontal and vertical components of the take-off velocity (dashed lines). The grey line is the line of equivalence between run-up velocity and take-off velocity. The athlete's take-off velocity was less than his run-up velocity and the faster the run-up velocity the greater the loss of velocity.

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