Teacher Answer Key

Case Study

1. It looked stuck/clean, but knees collapsed inward because hips/trunk didn't control alignment and absorb force.

2. Fatigue reduces control and reaction time, making inward collapse more likely and increasing repeated ligament strain.

Multiple Choice

1. B

2. C

3. D

Matching

1-C, 2-E, 3-A, 4-B, 5-D

Fill-in-the-Blank

1) ACL, 2) proprioception, 3) ankle

Short Answer (Sample Responses)

Q1: Restrictive footwear limits foot motion, so balance corrections and force absorption shift to knees/hips.

Q2: Single-leg landing drills with "knees over toes," hip strengthening, and balance/proprioception training.

Q3: Better mechanics reduce risky positions and distribute forces safely while also improving efficiency and speed.