

Running Form Analysis
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Dr. Nicholas Romanov claims that his Pose method of running can greatly reduce the forces on the body; while improving speed and efficiency. The purpose of this study is to verify these claims. A Pose scale was developed to rank each participant in their mastery of Pose running. This score in combination with collected data was used to verify the effectiveness of learning the Pose method. Video analysis in conjunction with Pasco force plates, a newly developed cellphone app, and a computer algorithm were used to determine the Pose score and collect other necessary data. Two groups of cross country runners were used. Both groups utilized the same basic summer training program. At the start and conclusion of the study each participant ran across the platform. Intermittently the test group was taught proper form as defined by Dr. Nicholas Romanov. The results of this preliminary study will be discussed.