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THE EFFECT OF VISUAL FOCUS ON SPATIO–TEMPORAL AND KINEMATIC PARAMETERS OF TREADMILL RUNNING.

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Highlights

- Two conditions of visual focus during running on a treadmill were assessed.
- Looking forward resulted in greater mass centre vertical displacement.
- The greater mass centre vertical displacement resulted in larger head accelerations.
- Knee and ankle adaptations were suggested as compensatory mechanisms of impacts.
- Results suggest that runners should look down instead of looking forward.

Abstract

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