**Loading during Exercise**

*Play the first video under this activity.*

*In this video, Adam demonstrates three squats. As you can see in the video, a squat is where a person lowers their hips from a standing position and stands back up. Squats are an exercise used to increase strength in the lower body muscles.*

*When was the amount of force produced the highest? What was Adam doing when this occurred?*

*Play the second video under this activity.*

*In this video, Adam demonstrates a drop vertical jump. As you can see in the video, a drop vertical jump is where a person jumps down from an elevated surface and then does a vertical jump from the ground. Drop vertical jumps are used in research to identify athletes at risk for knee injuries.*

*When was the amount of force produced the highest? What was Adam doing when this occurred?*

*Play the third video under this activity.*

*In this video, Adam demonstrates a stop jump. As you can see in the video, a stop jump is where a person starts to run, lands on two feet and jumps. A stop jump is commonly performed in basketball and volleyball.*

*When was the amount of force produced the highest? What was Adam doing when this occurred?*