

CORRECT SPORTS SHOES



MOUNT ST. JOSEPH
GIRLS' COLLEGE
Virtue Courage

WHY IS WEARING THE CORRECT SPORTS SHOE FOR PHYSICAL EDUCATION CLASS SO IMPORTANT?

Choosing the right footwear for your sport or physical activity may seem like a simple task, but keep in mind the correct footwear can possibly reduce the likelihood of a painful sports injury.

Tips for selecting athletic shoes:

There is some basic information that you will need to consider before you select your sports shoe:

1. The type of physical activity you will be doing.
2. Your weight and height.
3. Your foot positioning when standing.
4. How you have worn out your previous sports shoes



THERE ARE FOUR SHOE FEATURES TO CONSIDER



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Torsion

The greater the twist of the shoe, the more the foot will roll. You want a shoe with minimal movement. To test, grasp the sole and the front of the shoe near the ball of the foot and twist lengthways.



Heel counter

With your thumb, squash down on the heel counter. The strength of the heel counter is important in keeping your heel upright. Make sure the heel counter is made out of plastic, not cardboard.

Flexion

The shoe should bend right at the ball of the foot. If it doesn't, neither will your foot. The shoe should remain stiff from the back of the heel to the ball of the foot. Grasp the heel and toe of the shoe and push together.

Midsole density

With your two thumbs, compress the rubber of the midsole. If it compresses by more than a third it may be too soft. Soft shoes with lots of cushioning are only good for walking.

