

How Stable Are U?

What is Needed

You

What to Do

Close both eyes, and stand on one foot.
See how long you can keep one foot lifted and maintain your position without swaying,
opening your eyes,
or clutching for support.

As a variation,
keep both eyes closed and stand with feet as close together as possible-heels together and toes
together.
See how long you can maintain this position without swaying.

What is Happening

When you stand on one foot,
your body's mass is not evenly distributed, thus you are in unstable equilibrium and you tend to fall.

When you stand with feet close together and
heels and toes together, it would seem you are in a position of equal mass distribution,
but in actuality, you are not. Again, unstable equilibrium.

Other Things to Try

Be certain to visit the activities to explore stable and unstable equilibrium.

Purdue University Physics Dept. Physics on the Road Hands - On Lida Wu Illustrate

