

**Background:**

Newton's first law of motion states that a mass, whether it is at rest or in motion, will want to continue to do what it is already doing, ie. rest or move, unless it is acted on by an unbalanced force.

Newton's second law of motion states that a force applied to an object, like a football, produces a proportional acceleration. In other words if an object is accelerating, there is a force on it. If a runner is in motion they will want to remain in motion, unless an unbalanced force acts on it. An unbalanced force, such as a linebacker, must act on a runner to stop him.