

# Video: The science of NFL football

March 22 2011

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NBC's Lester Holt explores the prolate spheroid, the three-dimensional shape of a football, and how it helps an NFL quarterback throw a hard, accurate pass.

*Credit: NFL, NBC Learn and National Science Foundation (NSF)*

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NBC's Lester Holt and former NFL running back Deuce McAllister explore kinematics on the playing field. NSF-funded scientists Tony Schmitz from the University of Florida and John Ziegert of Clemson University explain how the kinematic concepts of position, velocity and acceleration can be used to define how a running back moves.

Provided by National Science Foundation

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