

EXRS 3600
Syllabus

Applied Biomechanics

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Course Description: Biomechanical principles of human motion and the structure of the human body. Laws of mechanics and tissue biomechanics concepts are applied to sport, dance, daily living activities, physical training and injury etiology and prevention.

This course is intended for physical education, dance, sports management and other non-exercise science majors.

Text: McGinnis, P.M. (1999). Biomechanics of Sport and Exercise. 1st Edition. Champaign, IL: Human Kinetics.

Objectives: The student will be able to:

1. Discover how to apply biomechanical principles to human movement.
2. Evaluate movement technique using a movement analysis model.
3. Evaluate the mechanics of exercises and activities as they affect the human body.
4. Evaluate external devices used for activities of daily living, exercise and sport.

Evaluation: Grades: A-B-C-D = 89.5 - 79.5 - 69.5 - 59.5%

Evaluation tool: Proportion of grade
Quizzes and Assignments - 20%
Test #1 - 20%
Test #2 - 20%
Test #3 - 20%
Project - 20%
Extra Credit - (max 2%)

See Information for Success for all information pertaining to evaluation and strategies for maximizing your success.