

**EXRS 4200
Syllabus
Biomechanics I**

Instructors:

Instructors	Responsibility	Phone No.	E-mail	Office	Office Hours
Dr. Kathy Simpson	Professor	542-4385	ksimpson@coe.uga.edu or @ arches.uga.edu	115H Ramsey	Upon appointment
Scott Arnett	Lab TA	542-3142	sa_gator@hotmail.com	103 Ramsey	See lab syllabus
Matt Ely	Lab TA	542-3142	elymr@uga.edu	103 Ramsey	See lab syllabus

Course Description: The analysis and application of the mechanical principles involved in human motion. This course is intended for exercise science majors.

Text: Hall, S. *Basic Biomechanics*, 1999, Mosby Year Book.

Objectives: The student will be able to:

1. Apply biomechanical principles to human movement situations: performance, training, rehab, injury prevention, etc.
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.
5. Apply principles related to internal tissue loading to improving tissue structure and function, and to injury prevention.

Evaluation:

*Grading:

A	B	C	D	F
89.5 - 100	79.5 – 89.4	69.5 – 79.4	59.4 – 69.4	Below 69.4

*Evaluation methods: EXRS 4200 EXRS 6200

Information for SUCCESS:

Maximal performance	A career on the line	Quizzes	Tests	Assignments	Laboratory	Research project	Extra credit	BONUS PTS!
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