

EXRS 3600: Applied Biomechanics  
SYLLABUS

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

Here are the other documents you need to download from webCT, Course Information page:

Course Outline/Objectives: Contains outline of topics with the specific learning objectives and text readings.

Schedule: Listed by week, lecture topics, major event dates (tests, assignments), and readings.

Information for Success: Here it is- everything else you need to know to do your best!

This is a document that contains detailed information on:

All of the evaluation tools, e.g., test question formats, assignment expectations, instructions, forms, etc.

Professional standards and ethics (including academic honesty) expected of all students as everyone is in the professional preparation phase of their studies.

How to be successful: study hints, practice test questions, how to solve lecture questions, test taking strategies, etc.

My teaching philosophy and expectations of your skills.

You are responsible for all content contained in Information for Success document

Click on the links, i.e., underlined words, to see detailed information.

#### Instructors' Information

Course Description: This course is intended for physical education, dance and other non-exercise science majors, focusing on:

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.

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

Overall Course Objectives: The student will be able to apply biomechanical principles to various human movement situations using a movement analysis model to:

Assess movement technique to diagnose effectiveness and prescribe improvements.

Evaluate the mechanics of exercises and movements to determine their effectiveness and safety.

Perform an original research experiment to answer a question of interest.

Evaluate external devices used for activities of daily living, exercise and sport.

#### INFO:

: INSTRUCTOR:

Dr. Kathy Simpson TEACHING ASSISTANTS:

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Evaluation toolsProportion of grade  
Quizzes and Assignments20%  
Test #120%  
Test #220%  
Test #320%  
Project20%  
Extra Credit(max 2%)