

KINS 3600: Applied Biomechanics Syllabus

INFO	INSTRUCTOR: Dr. Kathy Simpson	TEACHING ASSISTANTS: Brad Bowser, Ph.D. candidate Petur Sigurdsson, Ph.D. candidate
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Course Description: This course is 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. (2005). *Biomechanics of Sport and Exercise*. 2nd 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.
- Evaluate external devices used for activities of daily living, exercise and sport.

Course information: All course information is in WebCT under “Course Information Documents.” These documents are officially part of this course and syllabus. Students are responsible for all content for the following:

- *Syllabus*
- *Information for Success* (contains policies and procedures for all aspects of class, e.g., how to turn in an assignment; study tips for quizzes, tests). This document is crucial for you to know.
- *Important Dates* (see last page of syllabus)
- (optional) *Extra Credit Information, Extra Credit Record*

Evaluation:

A	A-	B+	B	B-	C+	C	C-	F
90.00	89.45	89.01	80.00	79.45	79.01	70.00	69.45	69.44 below
97.99	89.99	89.44	89.00	79.99	79.44	79.00	69.99	

- Quizzes & Assignments: 20%
- 4 tests, each worth 20%

Academic Honesty: Please read the following regarding academic honesty:

- UGA Academic Honesty Statement: **“I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others.” UGA Student Honor Code**
- *Information for Success*, section, “A career on the line” to learn specific expectations regarding ethics and professional expectations.
- If unfamiliar with UGA’s, “A Culture of Honesty”, read: http://www.uga.edu/ovpi/honesty/culture_honesty.htm

KINS 3600 Biomechanics Important Dates*

Tests:	Test	Date	Covers Modules*:	Covers Chaps
	1	4-Feb	Intro; Forces	Intro, 1
	2	27-Feb	Linear Kinetics; Work, Power, Energy	3-4
	3	2-Apr	Movement Analysis; Torques; Angular Kinetics;	Move Analy, 5,7 through Newton's Laws; (13-14)
	4	5-May	Ang. Kinetics; Mechan. of Biolog, Materials	rest of 7, 9-10
*subject to change if necessary				
Major Assignments:	#	Date		
	1	28-Jan		
	2	5-Mar		
	3	21-Apr		
Other:	<i>Last day to withdraw:</i>	Mar-06		
	<i>Spring break:</i>	10-Mar		
	<i>Last day of class:</i>	28-Apr		
	<i>Religious holidays:</i>	check w/me if desired		