Biomechanics (MOVP 0625)

Instructor
Dr Jacob Earp
215 Woodward Center
jearp@westfield.ma.edu

Course Description
This class provides an in-depth examination of the anatomical and mechanical principles related to human movement. The primary focus is on the practical application of the knowledge in the analysis and enhancement of performance.

Course Evaluation
• Weekly Assignments & Quiz
• Group Discussion
• Biomechanical Assess of a Sport of Your Choice
• Online Exams

Ever wonder:
Why Usain Bolt is so fast?
How can a 180 lb corner tackle a 250 tight end?
Why Olympic gymnast are so short?
How should I alter my goal kick when the wind changes?
Or what’s the key to throwing the perfect curve ball?

We’ll Show You
Required Text

Sports Biomechanics
The Basics Optimising Human Performance
2nd Edition
- ISBN-10: 1408127490
- ISBN-13: 978 1 4081 2749 0

A kindle version is also available through Amazon

You will also need either a scientific or graphing calculator for this class.