

Biomechanics (MOVP 0625)



Instructor

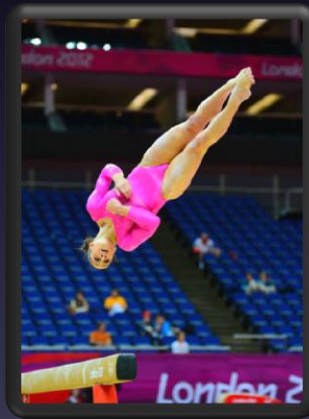
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Course Description

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

By Anthony J. Blazevich. (2010).

- 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.

