

Grande Prairie Regional College
Department of Physical Education, Athletics and Kinesiology

Course Outline - Winter 2004
PE 2060 A3 - Biomechanics

Instructor: Ron Thomson Office: K217 Phone: 539-2901
Email: rthomson@gprc.ab.ca
Class Times: Tuesday & Thursday 11:30 - 12:50pm - **Room J229**
Lab Time: Friday 10:30 - 11:20am - **Room J229**
Transferability: University of Alberta PEDS 206(3)
University of Calgary Jr. KNES(3)
University of Lethbridge KNES 3650(3)

Course Description: This course is concerned with establishing the role biomechanics can play in teaching and analysis of human movement and physical activity. Emphasis will be on the mechanical principles which are of greatest importance in the qualitative analysis of sports performance.

Course Objectives:

1. To gain an understanding of the mechanics of human movement in physical activity.
2. To understand forces and their effects on the body and its movement.
3. Apply biomechanics to the analysis of sport or human movement skills to improve technique, improve training and prevent injury.
4. To design and carry out an observation plan.

Required Text: McGinnis, Peter M. (1999). Biomechanics of Sport and Exercise. Champaign, IL: Human Kinetics.

Evaluation: Test #1	15%	Thursday - January 27 th
Test #2	15%	Thursday - February 12 th
Test #3	15%	Tuesday - March 23 rd
Test #4	25%	Final Exam Week
Video Analysis Assignment	10%	Thursday - April 8 th
Project	20%	Due April 15 th in class.

Grading System: The following system will be used for converting percentage grades to alpha grades.

A+	4.0	90 - 100	<i>Excellent</i>
A	4.0	85 - 89	
A-	3.7	80 - 84	<i>First Class Standing</i>
B+	3.3	76 - 79	
B	3.0	73 - 75	<i>Good</i>
B-	2.7	70 - 72	
C+	2.3	67 - 69	<i>Satisfactory</i>
C	2.0	64 - 66	
C-	1.7	60 - 63	
D+	1.3	55 - 59	<i>Minimal Pass</i>
D	1.0	50 - 54	
F	0.0	0 - 49	<i>Fail</i>

Tentative Class Schedule – Winter 2004

January

T - 6 Course Outline / Class Expectations / What is Biomechanics? / Chpt 1
TH - 8 Chapter 2 / Chapter 3
F - 9 Review Questions Chapters 1 - 2 - 3
T - 13
TH - 15
F - 16
T - 20
TH - 22
F - 23
T - 27
TH - 29
F - 30

February

T - 3
TH - 5
F - 6
T - 10
TH - 12
F - 13
T - 17 Reading Break – No Classes
TH - 19 Reading Break – No Classes
F - 20 Reading Break – No Classes
T - 24
TH - 26
F - 27

March

T - 2
TH - 4
F - 5
T - 9
TH - 11
F - 12
T - 16
TH - 18
F - 19
T - 23
TH - 25
F - 26
T - 30

April

TH - 1
F - 2
T - 6
TH - 8
F - 9 No Class – Good Friday
T - 13
TH - 15