

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
P.E. 2010 - BIOMECHANICS
COURSE OUTLINE - WINTER 1995

INSTRUCTOR: Leigh Goldie
Office: K219 Phone: 539-2978

CLASS TIMES: Monday, Wednesday and Friday, 9:00 - 9:50 p.m.

COURSE DESCRIPTION:

This course is concerned with establishing the role biomechanics can play in the teaching and analysis of sport techniques. Emphasis is placed on those basic biomechanical concepts which are of the greatest importance in the analysis of sports performance.

TRANSFERABILITY:

PESS 201 - U. of Alberta
Jr. PHED Option - U. of Calgary
1 Unspec. PE Option - U. of Lethbridge

COURSE OBJECTIVES:

This objective of this course is to provide students with the knowledge to:

1. Identify mechanical principles governing human motion.
2. Identify the critical features of selected sport skills.
3. Design and carry out an observation plan.
4. Determine faults in observed performance.

COURSE TEXT:

Kreighbaum, E. and Barthels, K.M. 1990. *Biomechanics: A qualitative approach for studying human movement*, 3rd ed. New York: MacMillan.

COURSE EVALUATION:

Assignment - Skill analysis	30%
Test #1 Mon., Jan. 23	15%
Test #2 Mon., Mar. 6	15%
Final Exam - Final exam week	40%
	100%

COURSE CONTENT AND SCHEDULE:

Jan. 4 - Introduction, course outline, **1** 1-7
Jan. 6 - **C** 93-107
Jan. 9 - "
Jan. 11 - **D** 109-135
Jan. 13 - "
Jan. 16 - "
Jan. 18 - **E** 137-153
Jan. 20 - "
Jan. 23 - **TEST NO. 1** 1,C,D,E
Jan. 25 - Review Test No. 1
Jan. 27 - **8** 310-333
Jan. 30 - "
Feb. 1 - **F** 334-349
Feb. 3 - "
Feb. 6 - **G** 352-362
Feb. 8 - **9** 363-376
Feb. 10 - "
Feb. 13 - **10** 378-411
Feb. 15 - "
Feb. 17 - "
Mar. 6 - **TEST NO. 2** 8,9,10,F,G
Mar. 8 - Video filming and editing
Mar. 10 - Video filming and editing
Mar. 13 - Review Test No. 2
Mar. 15 - **H** 414-432 "
Mar. 17 - "
Mar. 20 - **11** 434-459
Mar. 22 - "
Mar. 24 - **12** 463-508
Mar. 27 - "
Mar. 29 - **1** 513-527
Mar. 31 - "
Apr. 3 - **J** 530-539
Apr. 5 - **13** 542-572
Apr. 7 - **14** 575-593
Apr. 10 - **K** 596-621
Apr. 12 - "
Apr. 17 - **15** 624-642
Apr. 19 - **16** 646-660