

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

P.E. 201 - BIOMECHANICS

COURSE OUTLINE - FALL 1991

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

CLASS TIMES: Monday, Wednesday and Friday, 12:00 - 12:50 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 CONTENT:

Chapters 1, 3, 8 - 16. Modules C - K.

COURSE EVALUATION:

Assignments	20%
Test #1 Mon, Oct. 7	20%
Test #2 Wed, Nov. 13	20%
Final Exam	<u>40%</u>
	100%