



**Recommended Text:** Biomechanics: A qualitative approach for studying human movement, ISBN 0-205-18651-3, Kreighbaum E, Barthels KM. 4<sup>th</sup> Edition in SI Units, Allyn and Bacon, Boston 1996

**Learning Outcomes:**

Upon successful completion of this course, the student will have an understanding of the physical principles that influence the biomechanics of human movement in sport, exercise, dance, the workplace and activities of daily life. Specifically, they will understand how to analyze the kinematics of the segments of the body and the kinetics that result from that motion. Students will be able to analyze the forces, moments of force, work, power and energy of various common activities. Students will also be introduced to how these physical principles affect the internal loading of the tissues of the body. Emphasis will be placed on coaching to improve sporting performance and interventions to improve injury recovery and functional optimization with disability.

**Required Course Material:**

All required readings will be posted on OWL.

Course Evaluation Summary:

1.	Written Assignments (4 in total)	10%
2.	Laboratory Assignments (4 in total)	20%
3.	Midterm Exam (week of February 11 <sup>th</sup> )	20%
8.	Final Exam	50%

**Course Evaluation Details:** \*(below is an example)

1. Written Assignments (10%)

DUE: Assignment 1 Friday, Jan 25  
Assignment 2 Friday, Feb 15  
Assignment 3 Friday, Mar 8  
Assignment 4 Friday, Mar 29

Short written answers to at least three questions from the end of each chapter of the textbook. There will be about four (4) assignments in total, although this is subject to change based on course schedule. The due dates are also subject to change. All assignments are handed in at the beginning of Friday lecture at 10:30AM or submitted via email prior to the lecture.

2. Laboratory Assignments (20%)

DUE: Lab 1 Friday, Feb 1  
Lab 2 Friday, Mar 1  
Lab 3 Friday, Mar 15  
Lab 4 Friday, Apr 5

Lab assignments are done by the student alone or with an informal group. The lab involves a prescribed physical activity that is performed by the student. The student then analyzes the biomechanics of the activity on the basis of their experience and their understanding of the course material. The laboratory assignment takes the form of a multi-page report. The due dates are subject to change. All laboratory assignments are handed in at the beginning of Friday lecture at 10:30AM or submitted via email prior to the lecture.



Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for medical requests for accommodation must be submitted within two (2) business days after the end date on the documentation, to the appropriate  
dents, you may  
go to the School of Kinesiology in 3M Centre room 2225 **NOT** to the instructor. It will be the Academic Counselling office that will determine if accommodation is warranted.

[https://www.uwo.ca/fhs/kin/undergrad/files/accommodation\\_request.pdf](https://www.uwo.ca/fhs/kin/undergrad/files/accommodation_request.pdf) or in the Kinesiology  
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### 3. **Grades**

5. **Formatting** (as recommended by the course instructor): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy**, Please see the Office of the Registrar policy on Exam Conflict and Multiple Exam Situations [www.registrar.uwo.ca/examinations/exam\\_schedule.html](http://www.registrar.uwo.ca/examinations/exam_schedule.html)

7. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. Please keep all electronic devices on silent and avoid distracting classmates. .

#### 8. **Electronic Device Usage:**

**During Exams** - Unless you have medical accommodations that require you to do so, or explicit permission from the instructor of the course, you may not use any of the following electronic devices during ANY of the tests, quizzes, midterms, examinations, or other in-class evaluations: cellphones, smart phones, smart watches, smart glasses, audio players or recorders of any sort, video cameras, video games, DVD players, televisions, laptop/notebook/netbook computers, flashlights or laser pointers.

**During Lectures and Tutorials:** Although you are welcome to use a computer during lecture and tutorial periods, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. Please be respectful to your fellow students and turn the sound off. If the professor receives complaints from other students regarding noise or other disruptive behavior (e.g. watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom privileges will be revoked. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of lectures – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

9. **Health and Wellness:** As part of a successful undergraduate experience at Western, we encourage you to make your health and wellness a priority. Western provides several on-campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your degree. For example, to support physical activity, all students receive

Numerous cultural events are offered throughout the year. Please check out the Faculty of Music web page (<http://www.music.uwo.ca/>), or the McIntosh Gallery <http://www.mcintoshgallery.ca/>

Further information regarding health and wellness-related services available to students may be found at <http://www.health.uwo.ca/>.

Students who are in emotional/mental distress should refer to Mental Health@Western (<http://www.health.uwo.ca/>) for a complete list of options about how to obtain help.

## **STUDENT CODE OF CONDUCT**

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <https://www.uwo.ca/univsec/pdf/board/code.pdf>

## **ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES**

Visit the website [http://www.uwo.ca/univsec/pdf/academic\\_policies/exam/english.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf)

## **SUPPORT SERVICES**

There are various support services around campus and these include, but are not limited to:

1. *Student Development Centre* -- <http://www.sdc.uwo.ca/ssd/>
2. *Student Health & Wellness* -- <http://www.health.uwo.ca/>
3. -- <http://www.registrar.uwo.ca/>
4. *Ombudsperson Office* -- <http://www.uwo.ca/ombuds/>