

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS
P.E. 2060 - BIOMECHANICS
COURSE OUTLINE - WINTER 1996

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

CLASS TIMES: Monday, Wednesday and Friday, 11:00 - 11:50 am.
Lab/Seminar - Monday, 12:00 - 12:50 pm.

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:

PEDS 206(3) - U. of Alberta
Jr. PHED Option(3) - U. of Calgary
1 Unspec. PE Option(3) - 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. 1996. *Biomechanics: A qualitative approach for studying human movement*, 4th ed. Boston: Allyn and Bacon.

COURSE EVALUATION:

Assignment - Skill analysis	40%
Test #1 Mon., Jan. 22	15%
Test #2 Mon., Feb. 12	15%
Test #3 Wed., Mar. 20	15%
Test #4 Wed., Apr. 10	<u>15%</u>
	100%

COURSE CONTENT AND SCHEDULE:

Jan. 5 - Introduction, course outline, **1** 1-6
Jan. 8 - **C** 80-89
Jan. 10 - **D** 91-107
Jan. 12 - "
Jan. 15 - **E** 109-128
Jan. 17 - "
Jan. 19 - **3** 129-143
Jan. 22 - **TEST NO. 1 - 1, C, D, E, 3**
Jan. 24 - **4** 145-166
Jan. 26 - "
Jan. 29 - **F** 276-288
Jan. 31 - "
Feb. 2 - **G** 290-298
Feb. 5 - **9** 300-312
Feb. 7 - **H** 313-324
Feb. 9 - "
Feb. 12 - **TEST NO. 2 - 4, F, G, 9, H**
Feb. 14 - **I** 326-332
Feb. 16 - **J** 335-353
Feb. 21 - "
Feb. 23 - **10** 355-366
Mar. 4 - Video filming and editing
Mar. 6 - Video filming and editing
Mar. 8 - Video filming and editing
Mar. 11 - **11** 370-384
Mar. 13 - "
Mar. 15 - **12** 387-412
Mar. 18 - "
Mar. 20 - **TEST NO. 3 - I, J, 10, 11, 12**
Mar. 22 - **K** 414-426
Mar. 25 - "
Mar. 27 - **13** 427-448
Mar. 29 - "
Apr. 1 - **14** 451-488
Apr. 3 - **15** 493-516
Apr. 8 - **16** 519-534
Apr. 10 - **TEST NO. 4 - K, 13, 14, 15, 16**