

## EDKP 208: Biomechanics and Motor Learning (3 credits) Winter 2019

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Office hours: By appointment

Lectures (13 weeks)  
Tuesdays & Thursdays 11:35-12:55 pm  
Currie 408/9

Tutorials (13 weeks)  
Thursdays 1:05-1:55 pm  
Currie 304 (teaching lab)

Prerequisites: EDKP 293 Anatomy & Physiology  
Restrictions: Not open to those who have taken or are taking EDKP 206

### 2. Learning Outcomes

At the end of this course, students will be able to:

1. Summarize the basic principles, applications and theoretical concepts in biomechanics and the acquisition of motor learning;
2. Teach and apply these concepts in education and sport situations;
  - a. Teach biomechanics/motor learning principles;
  - b. Analyze a sport skill qualitatively and apply motor learning principles to improve performance.

### 3. Course Content

Calendar (subject to minor changes)

Denotes oral presentations by students

	Biomechanics		Motor Learning		Review	
wk	date	Tu 11:35pm to 12:55pm	date	Th 11:35pm to 12:55pm	date	Th 1:05pm to 1:55pm
1	1/8	Introduction	1/10	Processing Information (Schmidt, Ch. 2)	1/10	Review (optional)
2	1/15	Forces (McGinnis, Ch. 1)	1/17	Attention and Performance (Schmidt, Ch. 3)	1/17	Review (optional)
3	1/22	Linear Kinematics (McGinnis, Ch. 2)	1/24	Sensory Contributions (Schmidt, Ch. 4)	1/24	Review (optional)
4	1/29	Linear Kinetics (McGinnis, Ch. 3)	1/31	Sensory Contributions (Schmidt, Ch. 4)	1/31	Review (optional)
5	2/5	72()-97				

#### 4. Instructional methods

Lecture: PowerPoint presentations available through MyCourses



