

## 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<br>(Schmidt, Ch. 2)    | 1/10   | Review (optional)   |
| 2  | 1/15         | Forces<br>(McGinnis, Ch. 1)            | 1/17           | Attention and Performance<br>(Schmidt, Ch. 3) | 1/17   | Review (optional)   |
| 3  | 1/22         | Linear Kinematics<br>(McGinnis, Ch. 2) | 1/24           | Sensory Contributions<br>(Schmidt, Ch. 4)     | 1/24   | Review (optional)   |
| 4  | 1/29         | Linear Kinetics<br>(McGinnis, Ch. 3)   | 1/31           | Sensory Contributions<br>(Schmidt, Ch. 4)     | 1/31   | Review (optional)   |
| 5  | 2/5          | 72()-97                                |                |   |        |                     |

#### 4. Instructional methods

Lecture: PowerPoint presentations available through MyCourses



