



Course Outline

UNIVERSITY STUDIES

PEDS 206
Biomechanics
Winter, 2014

3 CREDITS
3 HOURS PER WEEK

INSTRUCTOR: [James Ostoya](#)

INSTRUCTOR: James Ostoya
PHONE NUMBER: N/A
E-MAIL: james.ostoya@keyano.ca
OFFICE NUMBER: N/A

OFFICE HOURS:

Online office hours will be every Wednesday at 7:00pm during the webinar, commencing in Week 2 and continuing until the end of Week 15. See the course page on Moodle for more details on how to access the webinar.

Also, office hours can be accessed by appointment.

HOURS OF INSTRUCTION:

This is a self-study course. There is no scheduled instruction.

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 qualitative analysis of sports performance.

PRE-REQUISITE(S):

None

COURSE OUTCOMES:

The 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.

REQUIRED RESOURCES:

Biomechanics of Sport and Exercise. McGinnis, PM. Windsor, Human Kinetics. 2013 (3rd edition).

TOPICS TO BE COVERED:**Please Note:**

This course outline may be modified to facilitate unforeseen time constraints. Date and time allotted to each topic is subject to change.

Week	Topic (Chapter)
1	Week 1: Course Orientation and Introduction
2	Week 2: Forces (Chapter 1)
3	Week 3: Linear Kinematics (Chapter 2)
4	Week 4: Linear Kinetics (Chapter 3)
5	Week 5: Review and Test #1
6	Week 6: Work, Power and Energy (Chapter 4)
7	Week 7: Torques and Moments of Force (Chapter 5)
8	Week 8: Reading Week
9	Week 9: Angular Kinematics (Chapter 6)
10	Week 10: Review and Test #2
11	Week 11: Angular Kinetics (Chapter 7)
12	Week 12: Fluid Mechanics (Chapter 8)
13	Week 13: Qualitative Biomechanical Analysis: Improving Technique and Training (Chapters 13 and 14)
14	Week 14: Skills Analysis Help Week
15	Week 15: Skills Analysis Presentations

Final Exam will be during Final Exam week period, April 22 to 30, 2014 as per Keyano College calendar.

MOODLE

Go to <http://ilearn.keyano.ca>

This course is supported through Moodle. Assignments, readings and handouts will be posted on Moodle. Login information will be provided by your instructor. For further instructions please see the Moodle handout.

EVALUATION:

Assignment	Percentage	Due Date
Test #1	20%	Week 5 February 3 to 9, 2014
Test #2	20%	Week 10 March 10 to 16, 2014
Skills Analysis Assignment	30%	Week 15 April 14 to 20, 2014
Final Examination	30%	Final Exam Period April 22 to 30, 2014

Details for Skills Analysis Assignment on course page in Moodle.

GRADING SYSTEM:

Letter Grade	Description	Grade Points
A+		4
A	Excellent	4
A-		3.7
B+		3.3
B	Good	3
B-		2.7
C+		2.3
C	Satisfactory	2
C-		1.7
D+		1.3
D	Minimal Pass	1
F	Failure	0

Students intending to transfer to other institutions require a 'C-' as a minimum grade. Transfer information on each course is available at the [Alberta Council on Admission and Transfers](#).

Students who do not complete all the required work should not expect to pass the course. Students should consult:

http://www.keyano.ca/current_students/examinations/index.htm

IMPORTANT DATES:

February 24 to 28, 2014	Reading Week – No classes
March 6, 2014	Last day to withdraw from course(s) without academic penalty.
April 17, 2014	Last day of classes
April 22 to 30, 2014	Final Exams

COLLEGE POLICIES

Equality, Equity and Respect

The Keyano College is committed to providing an environment of equality, equity and respect for all people within the College community. All members of this community are considered partners in developing teaching and learning contexts that are welcoming to all. Faculty, staff, and students are encouraged to use inclusive language to create a classroom atmosphere in which students' experiences and views are treated with equal respect and valued in relation to their gender, ethnic and cultural background, and sexual orientation.

Students should consult:

http://www.keyano.ca/Committees/IRA/Individual_Rights_Policy.asp

Plagiarism and Cheating

Every student expects to be treated and evaluated fairly in a course. Plagiarism and cheating robs everyone of this right.

No student may submit words, ideas or data of another student or person as his or her own in any writing, project, assignment, quiz, electronic presentation, exam etc. Any work used that is not the student's own must be clearly cited as belonging to someone else. There are penalties for using other's work and not citing it. The Student's Rights & Responsibilities document clearly outlines these penalties and the appeal process.

- No learner can obtain information from another student during an exam.
- No learner can bring unauthorized information (paper or electronic) into an exam or quiz.
- No student can submit work done in another course for grading in this course without the written prior approval of the course instructor.
- No student can submit copyright protected or commercially produced materials as part or all of an assignment without proper citation & permission.

Student Rights & Responsibilities

Students should consult the Keyano College Credit Calendar or online at:

<http://www.keyano.ca/Media/Collections/Calendars/Keyano.Calendar1112-10-full.pdf>

Specialized Supports and Duty to Accommodate

Disability Support Services: Learner Assistance Program

If you have a documented disability or you think that you would benefit from some assistance from a Disabilities Counsellor, please call or visit the Disability Supports Office 780-792-5608 to book an appointment (across from the library). Services and accommodations are intended to assist you in your program of study, while maintaining the academic standards of Keyano College. We can be of assistance to you in disclosing your disability to your instructor, providing accommodations, and supporting your overall success at Keyano College.

Specialized Supports and Duty to Accommodate

Specialized Support and Duty to Accommodate are aligned with the office of Disability Support Services: Learner Assistance Program (LAP) guided by federal and provincial human rights legislation, and defined by a number of Keyano College policies. Keyano College is obligated by legislation to provide disability-related accommodations to students with identified disabilities to the point of undue hardship.



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3 HOURS PER WEEK**

James Ostoya, Instructor

Date

Reviewed and approved by:

Vincella Thompson, Chair

Date

Guy Harmer, Dean

Date