EASTERN ILLINOIS UNIVERSITY
Kinesiology and Sports Studies Department
KSS 3800 Biomechanics
Course Outline
Spring 2014

INSTRUCTOR: Jeffrey M. Willardson, PhD, CSCS*D (call me Dr. Willardson)
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E-MAIL: jmwillardson@eiu.edu
OFFICE LOCATION: Lantz 2230
OFFICE HOURS: Tues/Thurs 10:15AM-11:30AM and 12:45PM-2:00PM; and by appt.
CLASS DAYS/TIME/LOCATION: Section 1—Tues/Thurs 9:00-10:15AM, Lntz 1420; Section 2—Tues/Thurs 2:00-3:15PM, Lntz 1420

Student Success Center

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Please stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.

COURSE DESCRIPTION

The purpose of this course is to gain an understanding of how the laws of physics apply to the body and sports implements during the performance of sports skills. **Please note that a basic scientific calculator is a required for this class with sin, cos, and tan functions.**

TEXTBOOK

HALL, S.J. Basic Biomechanics *(6th edition)*. New York, NY: McGraw-Hill, 2012.

COURSE OBJECTIVES

1. Recognize the external forces that act on the body.
2. Analyze movement through the use of linear kinematics.
3. Analyze the influence of linear kinetic laws on human movement.
4. Examine the relationships between mechanical work and energy and the application to human movement.
5. Understand resultant torques and how they contribute to equilibrium in human movement.
6. Understand angular kinetics impact on human movement.
7. Understand the influence of angular kinematics on human motion.

DATES TO REMEMBER

Jan 14	First day of class
Mar 6	Mid-term
Mar 10-14	Spring break/no class
May 2	Last class day
Mon May 5	Section 1 Final Exam, 10:15AM-12:15PM
Thurs May 8	Section 2 Final Exam, 10:15AM-12:15PM

GRADING

90-100%	= A
80-89%	= B
70-79%	= C
60-69%	= D
<59%	= F

Midterm exam = 25%
Learning modules (quizzes, notes, assignments) = 30%
Final Exam = 25%
Research Assignments = 20%
No opportunities will be given for extra credit.

ACADEMIC MISCONDUCT

Examples of academic misconduct are cheating, plagiarism, and excessive absences. Please consult the Student Handbook for the official academic misconduct policy. Any academic misconduct will be dealt with according to the student handbook and the discretion of the instructor.

RESPECT FOR DIVERSITY

Diversity encompasses age, life experiences, profession, race, religion, sexual orientation, and lifestyle, social class, learning style, philosophy of life, personality, mental and physical challenges, customs, values, and gender. Diversity is to be respected in this class.

PROFESSIONALISM

This is a biomechanics class and therefore we will be studying the human body and human movement. This class may utilize students as human examples during the course of the class. Professional conduct is expected at all times. Failure to uphold this expectation will result in removal or failure in this class.