

## バイオメカニクス II

Syllabus Number            SPS-304  
Elective                      2 credit  
SAGA, Norio

### 1. Course Description

This class is to introduce the anatomical and mechanical bases of physical activity with emphasis on the analysis of sport and exercise skills and the mechanical principles relation to the understanding of human motion. This class is for exercise and sport science students to understand the concepts of mechanics as they apply to sports. The student should gain an understanding of the mechanical principles in human motion during sports activities.