

# バイオメカニクスⅠ

Syllabus Number

SPS-203

Elective

2 credit

SAGA, Norio

## 1. Course Description

Biomechanics I is a basic course that provides background in muscle skeletal anatomy and principles of biomechanics. This course topics will focus on the structure and function in human movement in relation to tissues and organs; energy and power; postural control; analysis of forces in human function and movement in human activity. The student should gain an understanding of the basic mechanical principles in human motion during sports activities.