

Anatomy and Biomechanics in Sport

School of Sport & Exercise Sciences

College of Life and Environmental Sciences

Details

Code 20423

Level of study First Year

Credit value 20

Semester 1 & 2

Module description

This module will focus upon the complementary sciences of Biomechanics and Functional Anatomy in examining the behaviour of the musculo-skeletal system in the performance of sport. It will examine the physical functions implemented by the human musculo-skeletal system. Study will focus on the anatomy of bones, joints and muscles and the process by which muscle contractions and ligament constraints stabilise the body during sport and exercise or initiate human motion. Laws that determine stability, or govern the direction and speed of motion will be examined in detail in the context of practical applications within sport.

Teaching and learning methods

Lectures and independent study