

M.P.E – 202 – Sports Biomechanics

Unit –I: Bio Mechanics

- What is Bio Mechanics ?
- Meaning and definition
- Scope of Bio Mechanics
- Importance of Bio Mechanics in Physical Education

Unit –II: Kinesiology

- History of Kinesiology
- Meaning and definition
- Area of Kinesiology
- Importance of Kinesiology in Phy.Edu.

Unit –III: Motion

- Definition and Meaning
- Types of Motion
- Newton's Laws of motion
- Lever-Types of Lever
- Principles of Lever
- Meaning and definition

Unit –IV:

- Friction – Types of Friction
- Solubility
- Projectiles – Factors of Projectiles
- Elasticity-
- Equilibrium – Types of Equilibrium

Unit –V: Bio-Mechanical Analysis

- Skills of Athletics
- Skills of Games

Reference

- Hay J.G. – The Biomechanics of sports Techniques
- Hall S.J. – Basic Biomechanics 2nd Ed.
- Dr.Shaw D. – Biomechanics and Kinesiology of Human motion. Khel Sahitya Kendra Delhi-1998
- Dyson G.H. – The mechanics of Athletics, Hodder and Stoughton London-1978