

LEDPH1028 2013-2014

## Sports biomechanics

3.0 credits

30.0 h

1q

| Teacher(s) :                 | De Jaeger Dominique (coordinator) ; Schepens Bénédicte (compensates Willems Patrick) ;<br>Defrance Pierre ; Willems Patrick (coordinator) ;   |
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| Language :                   | Français  |
| Place of the course          | Louvain-la-Neuve  |
| Main themes :                | The main themes to achieve these objectives are :<br>- biomechanics of the muscle,<br>- electromyography and kinesiology,<br>- strength of biological material like bones, tendons and ligaments  |
| Aims :                       | The aim of this course is to apply the principles of biomechanics in physiotherapy. Using these principles, the student will be able to identify the mechanical causes of several pathologies of the locomotory system, et de justify therapeutic design from a biomechanical point of view.<br>The contribution of this Teaching Unit to the development and command of the skills and learning outcomes of the programme(s) can be accessed at the end of this sheet, in the section entitled "Programmes/courses offering this Teaching Unit".   |
| Content :                    | Part 1: Joint forces and muscular moments during an athletic movement<br>- Estimation anthropometric parameters during a athletic movement<br>- Measure of kinematic and kinetic variables<br>- Estimation joint forces and muscular moments<br>Part 2: Energy, work et muscular power during an athletic movement<br>- The motor function and the breaking function of the muscle<br>- Classification of the exercises<br>- Transfer and transformation of energy<br>- Utilization of the elastic properties of biological structures<br>Part 3: The mechanisms of terrestrial locomotion<br>- The mechanics of speed skating<br>- The mechanics of speed skating<br>- The mechanics of speed skating<br>- The mechanisms of terrestrial locomotion<br>Part 4: The mechanisms of terrestrial locomotion<br>- The mechanics of swimming (breast stroke, crawl, butterfly)<br>- The mechanics of rowing<br>- Efficiency of aquatic locomotion<br>Part 5: Analysis of athletic movements<br>- The rotation movements in gymnastic<br>- The mechanics of spirint running<br>- The mechanics of spirint running |
| Other infos :                | Pre-requisite Mechanics, biomechanics, Fundamentals of locomotory physiotherapy<br>Evaluation Oral or written exam<br>Support Books or syllabus<br>Supervision Teachers<br>Others   |
| Cycle and year of study :    | <u>&gt; Bachelor in Motor skills : General</u> <u>&gt; Preparatory year for Master in Motor Skills: Physical Education</u>  |
| Faculty or entity in charge: | FSM   |