

SPORTS BIOMECHANICS (AN INTRODUCTION)

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Importance of Biomechanics in sports

Improve Sports Performance : Biomechanics tells us the right technique for effective and efficient result by using minimum muscular force and gets maximum results.

Improvement in technique: Biomechanics helps to improve new techniques. Which helps us to get more results.

Helps to develop Best Sports Equipments: Biomechanics helps us to make correct and scientifically proven equipment.

Importance of Biomechanics in sports

Prevent Injuries: It helps us to know the forces that can lead to the injuries during the game situation.

Knowledge of safety Principles: Biomechanics gives the understanding to analyse different safety movements.

Helps in Research work: It helps to impart Scientific teaching and learning process.

Creates Confidence in players: Players come to know correct techniques to execute the movement. Thus it improves the confidence of the players.

Importance of Biomechanics in sports

Helps to Develop Best Sports Equipments:

Biomechanics helps us to make correct and scientifically proven equipments.

Improvement in training: Coaches can give best training to athletes on the basis of scientific knowledge. He can analyse the player,s movement in a better way.

Knowledge of Safety principles: Biomechanics gives the understanding to analyse different safety movements.

9.1 Importance of Biomechanics in Physical Education and Sports

2. Helps in Improving Equipment

- a) Helps in improving the designs of the equipment
- b) Shoes & sports clothes design improved
- c) **Better equipment improves performance and reduces the risk of injury**
- d) **Better Rackets in racket games**
- e) **Better Helmets to reduce risk of injury in ice hockey, football and many other games**
- f) **Aerodynamic clothing in skiing, speed skating, cycling, swimming etc.**