

SPORTS BIOMECHANICS (AN INTRODUCTION)

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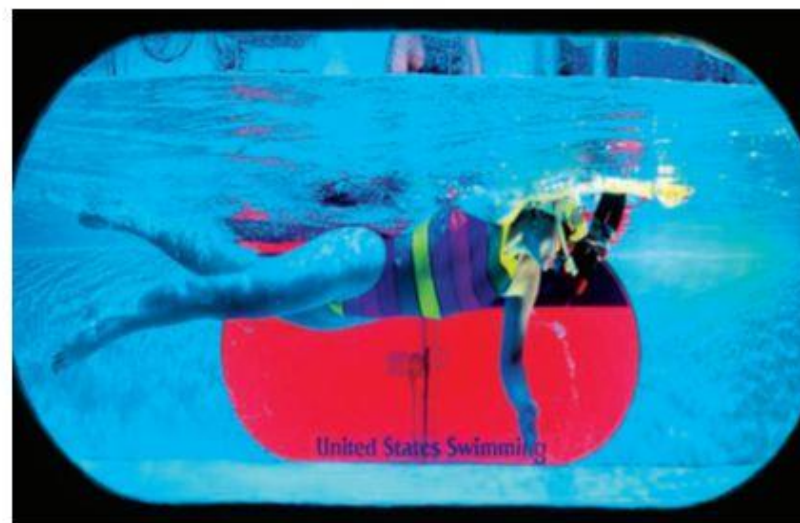
What is Biomechanics?

The study of how the physical laws of mechanics apply to the human body.

Biomechanists analyse an athletes performance

Why?

- optimising sporting performance
- Injury prevention and rehabilitation
- Design and development of improved equipment



DEFINITION

The term Biomechanics comprises of two words i.e. Bio + Mechanics.

Bio - (Bios-Greek)

Means life

Mechanics- Branch of Physics

deals with motions.