

EXSS 330: BIOMECHANICS

This course introduces students to concepts of mechanics as they apply to human movement, particularly those pertaining to exercise, sport and physical activity. The student should gain an understanding of the mechanical principles that govern human motion and develop the ability to link the structure of the human body with its function from a mechanical perspective.

Credits: 3

Prerequisites:

BIOL 264 and EXSS 245

Department: [Exercise Science](#)