

## AT 501: Foundations of Biomechanics School of Applied Sciences

The purpose of the course is to learn to look at biomechanics as a scientific basis for the analysis of human musculoskeletal function. Specifically, to understand the descriptions and the cause/effect components of human movement. Additionally, understanding how to apply anatomical and biomechanical analyses to the study and improvement of a broad spectrum of functional activities. Lastly, to provide a basic understanding of the mechanism of common musculoskeletal functions including injuries, movement disorders, sports specific movements, and activities of daily living. 4 Credits

## Instruction Type(s)

- Lecture/Lab: Lecture/Lab for AT 501
- Lecture/Lab: Web-based Lecture/Lab for AT 501
- Lecture/Lab: Online Program for AT 501

## **Subject Areas**

<u>Athletic Training/Trainer</u>

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