

# 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

### Prerequisites

- Prerequisite: Junior standing (60 hr).

### 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

- [Athletic Training/Trainer](#)

