

COURSE OUTLINE

Fall 2006

Assignment

Aug	22	Introduction	Read Chapter 1, Appendices A, B, C
	24	Movement terminology	Read Chapter 2
	29	Kinetic concepts	Read Chapter 3
	31	Kinetic concepts	
Sep	5	Linear kinematics	Read Chapter 10
	7	Projectiles	
	12	Projectiles	
	14	Angular kinematics	Read Chapter 11
	19	Angular kinematics	
	21	Exam #1 – Chapters 1, 2, 3, 10, 11	
	26	Kinetics, Newton's laws, Friction	Read Chapter 12
	28	Linear momentum/impulse/impact	
Oct	3	Work, Power, Energy	
	5	Torque	Read Chapter 13
	10	Musculoskeletal mechanics	Read Chapter 6 (pp. 162-170)
	12	TBD	
	17	Musculoskeletal mechanics	
	19	Resistance devices used in strength training	
	24	Center of gravity	
	26	Balance & stability	
	31	Exam #2 - Chapters 6 (pp. 162-170), 12, 13	
Nov	2	Angular kinetics	Read Chapter 14
	7	Angular kinetics	
	9	Rotation in free flight/supported	
	14	Fluid forces	Read Chapter 15
	16	Aerodynamics	
	21, 23	Thanksgiving Break – no classes	
	28	Movement in water	
	30	Qualitative Analysis	Read Chapter 2 (pp. 41-48)
Dec	5	Qualitative Analysis	
	7	Qualitative Analysis	
	14	Exam #3 – Chapters 14, 15, qualitative analysis	(8:00 a.m.)