

## GRADUATE BIOMECHANICS ONLINE

APK6226C ~ 3 CREDITS ~ FALL 2021

**INSTRUCTOR:**

**Matt Terza Ph.D.**

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Preferred Method of Contact: email



**VIRTUAL OFFICE HOURS:**

Monday 8:30 – 9:30 AM EST

Wednesday 4:00 – 5:00 PM EST

Or by appointment.

Office Hours will be held via Zoom Meetings which may  
accessed through Canvas

**MEETING TIME/LOCATION:**

Module content releases week Monday 8:00 AM EST

Content due Wednesday 11:59 EST 1.5 weeks after the  
release date

**COURSE DESCRIPTION:**

Applying the principles of statics, kinematics, and kinetics to kinesiological systems of the human body in movement, activities of daily living, and sports skills.

**PREREQUISITE KNOWLEDGE AND SKILLS:**

Prereq: PET 2320C; MGF 1202 or MAC 1142.

*Understanding of Physics 1 concepts and knowledge of musculoskeletal anatomy will be very helpful in this course.*

## REQUIRED AND RECOMMENDED MATERIALS:

### Required Textbook



Robertson, D. G. E., Caldwell, G. E., Hamill, J., Kamen, G., & Whittlesey, S. N. (2014). *Research methods in biomechanics*. ISBN-13: 978-0736093408 & ISBN-10: 0736093400

### Recommended Textbooks



Levangie, P. K., Norkin, C. C., & Levangie, P. K. (2011). *Joint structure and function: A comprehensive analysis*. Philadelphia: F.A. Davis Co. ISBN 9780803658783

**This text is not required but is the text that most underlies the joint modules of this course and is great resource for understanding the mechanical function of joints at a specific anatomical level**

#### Other Helpful Textbooks

Levine, D., Richards, J., Whittle, M., & Whittle, M. (2012). *Whittle's gait analysis*. Edinburgh: Churchill Livingstone Elsevier. ISBN-13: 978-0702042652 & ISBN-10: 070204265X

**This text is a great book for understanding gait and its abnormalities. Information from this book shows up in the Gait Kinematics module and is sprinkled throughout the kinetic modules.**

David A. Winter *Biomechanics and Motor Control of Human Movement*, Fourth Edition, 17 September John Wiley & Sons, Inc. 2009 Print ISBN:9780470398180 | Online ISBN:9780470549148

**Another text on technical methods in performing biomechanical data collections and analyses. David Winter is a notable author for his seminal work in biomechanical methods.**

Stergiou, N. (2004). *Innovative analyses of human movement*. Champaign, IL: Human Kinetics. ISBN-13: 978-0736044677 & ISBN-10: 9780736044677

**Provides innovative ways to look at and quantify movement variability. It considers the idea that the structure of variability (the time ordered fluctuations) is as important as the magnitude of variability and contains unique information about the control of movement.**

*Biomechanical Basis of Human Movement* by Hammil and Knutzen, ISBN 13: 9781451177305

*Basic Biomechanics of the Musculoskeletal System* Nordin, M. & Frankel, V.H. (2012). (4th Edition). Baltimore, Maryland. Lippincott Williams & Wilkins. ISBN-13: 978-1609133351

**Introductory Biomechanical Texts that are helpful in conceptualizing content with less dense math compared to the research methods-based texts.**

**COURSE FORMAT:** This course is proctored fully online and asynchronously. Prerecorded video lectures will be posted by Monday mornings 8:00 AM EST. The module quiz for the content will be due Wednesday 1.5 weeks after the release date.

### **COURSE DESCRIPTION:**

Applying the principles of statics, kinematics, and kinetics to kinesiological systems of the human body in movement and sports skills.

### **COURSE GOALS**

1. Collect, quantify, analyze, explain, interpret, and predict kinematic, kinetics and neuromuscular aspects of human motion during gait, exercise, and sports using a biomechanical approach.
2. Explain the of biomechanics of lower body joints especially with respect to gait and sport

## **CLASS LEARNING ENVIRONMENT**

It is important to the learning environment that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official UF roll, please let me know as soon as possible by e-mail or otherwise. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your UF-rostered name. I welcome you to the class and look forward to a rewarding learning adventure together.

You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to [one.ufl.edu](https://one.ufl.edu), click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records. <https://elearning.ufl.edu/student-help-faqs/>

## **COURSE AND UNIVERSITY POLICIES:**

**ATTENDANCE POLICY:** Course delivery is asynchronous but paced. Missing deadlines for assessments and/or assignments will be considered for make ups on a case-by-case basis for extenuating circumstances. Please be prepared to show documentation as evidence for your reason(s) provided.

**PERSONAL CONDUCT POLICY:** Students are expected to exhibit behaviors that reflect highly upon themselves and our University. UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obliged to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult the instructor or TA in this class.

**EXAM MAKE-UP POLICY:** Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found in the online catalog at:  
<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

**ACCOMMODATING STUDENTS WITH DISABILITIES:** Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive; therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

**COURSE EVALUATIONS:** Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email, they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

**PRIVACY:** For online course with recorded materials a statement informing students of privacy related issues such as:

Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

## GETTING HELP:

### Health and Wellness

- U Matter, We Care: If you or a friend is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu) or 352 392-1575
- Counseling and Wellness Center: <https://counseling.ufl.edu/>, 352-392-1575
- Sexual Assault Recovery Services (SARS) - Student Health Care Center, 392-1161
- University Police Department, 392-1111 (or 9-1-1 for emergencies)  
<http://www.police.ufl.edu/>

### Academic Resources

- E-learning technical support, 352-392-4357 (select option 2) or e-mail to [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu). <https://lss.at.ufl.edu/help.shtml>
- Career Connections Center, Reitz Union, 392-1601. Career assistance and counseling. <https://career.ufl.edu/>
- Library Support, <http://cms.uflib.ufl.edu/ask>. Various ways to receive assistance with respect to using the libraries or finding resources.
- Teaching Center, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring. <http://teachingcenter.ufl.edu/>
- Writing Studio, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers. <http://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> On-Line Students Complaints: <http://distance.ufl.edu/student-complaint-process/>

## GRADING:

Evaluation Components (number of each)	Points Per Component
Exams (3)	140 pts each = 420 pts
Quizzes (12)	30 pts each = 360 pts
YellowDig	100 pts each = 100 pts
Lab Assignments (2)	60 pts each = 120 pts
<b>Total</b>	<b>1000</b>

### ***Assessment Proctoring Via Honorlock***

Honorlock will proctor your exams this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webcam, and a stable Internet connection.

To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at [www.honorlock.com/extension/install](http://www.honorlock.com/extension/install)

When you are ready to test, log into Canvas, go to your course, and click on your exam. Clicking "Launch Proctoring" will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Good luck! Honorlock support is available 24/7/365. If you encounter any issues, you may contact them by live chat, phone (855-828-4004), and/or email ([support@honorlock.com](mailto:support@honorlock.com)).

***Lecture Exams (3)*** – There will be three lecture exams throughout the semester which will not be overtly cumulative (although some concepts build on previous ones). These lecture exams will be available during the week they are assigned on the schedule. You can take them at the time that works best for your schedule, and they will be proctored via Honorlock. The allotted time for these exams will be 2 Hours. The exams will cover class content including both quantitative and conceptual content from recorded lectures and conceptual information from required readings. You will be provided the course formula sheet within the Canvas assessment for the exams. Do NOT print out or open your own from your desktop as this will flag your exam in Honorlock.

**Labs (2)** – This course includes two virtual lab assignments which analysis of movement data. The first lab will assess kinematics of 2D video recorded exercise movement data. Lab 2 will involve the kinematic and kinetic analysis of 3D motion capture gait data record via a Vicon motion capture system. These labs will be assessed by entry of your outcome into a Canvas quiz that will parallel the assignment deliverables.

**Module/Sub Module Quizzes (12)** – There will be 12 module quizzes which will be presented as Canvas quizzes. The constraints on these quizzes will be more relaxed as to take on the quality of a graded homework rather than a high-pressure assessment. The quizzes will also draw from lecture and require reading content. These may have quantitative and qualitative components. These are meant to help prepare you for the exams.

**Yellowdig Discussion Posting** – Yellowdig is a unique online tool aimed at prompting academic discussion in the style of something akin to social media platforms like Facebook. Your engagement with this tool will constitute participation points for the semester. Each week there will be a paper, topic, or prompt to respond to and post about. Your points are earned through original posts, commenting on others' posts, and receiving reactions and comments on your original posts. It's a bit of a game geared at yielding interactive discussion on mutually relevant topics in biomechanics. To be clear points within the Yellowdig platform are not the same as course points and reaching your target points within the Yellowdig platform will constitute reception of full participation points in the Canvas course. **Required Reading** – Many modules will have required research paper(s) that you are expected to read and discuss via Yellowdig.

**Extra Credit** - Because you can earn more than the target points for the semester in Yellowdig, you given an opportunity to earn up to 3% extra credit on your final grade in the course through earning up to a maximum of 15000 Yellowdig points. The amount of points earned beyond the targeted 12000 will contribute the possible 3% extra credit added to your final grade.

*Example: If you earn 14500 Yellowdig points that will equate to 1.875% added to your final grade in accordance with the following calculation.*

$$\frac{(\text{Points earned above 12000})}{(\text{Points possible above 12000})} * 3\% = \frac{(14500 - 12000)}{16000 - 12000} * 3\% = \frac{2500}{4000} * 3\% = 2.5\%$$

**Extra Problem Sets** - Some modules will have additional practice problems with solutions available that **are not for credit** but meant to help prepare you for exams.

#### **GRADING SCALE:**

More detailed information regarding UF's grading policies can be found here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

*Any requests for additional extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be handled accordingly.*

Letter Grade	Percent of Total Points Associated with Each Letter Grade	GPA Impact of Each Letter Grade
A	90.00-100%	4.0
B+	87.00-89.99%	3.33
B	83.00-86.99%	3.0
B	80.00-82.99%	2.67
C+	77.00-79.99%	2.33
C	73.00-76.99%	2.0
C-	70.00-72.99%	1.67
D+	67.00-69.99%	1.33
D	60.00-66.99%	1.0
E	0-59.99%	0

This syllabus is intended to give the student guidance in what may be covered during the semester and will be followed as closely as possible. However, the professor reserves the right to modify, supplement and make changes as the course needs arise. This includes exam dates and lecture topics that may change depending on class progress.

### WEEKLY COURSE SCHEDULE:

Module	Week	Dates	Module
1.1	1	8/23/2021 - 8/27/2021	Getting Started Fundamental Concepts and Tools M1.1
1.2	2	8/30/2021 - 9/3/2021	Fundamental Concepts and Tools M1.2
2.1	3	9/6/2021 - 9/10/2021	Planar Kinematics M 2.1
2.2	4	9/13/2021 - 9/17/2021	Planar Kinematics M 2.2 Lab 1: 2D Video Movement Analysis
3	5	9/20/2021 - 9/24/2021	Biomechanical Instrumentation
E1	6	9/27/2021 - 10/1/2021	<b>Exam 1 (M1-M3)</b>

4	7	10/4/2021 - 10/8/2021	Hip Complex Biomechanics
5	8	10/11/2021 - 10/15/2021	Knee Joint Biomechanics
6	9	10/18/2021 - 10/22/2021	Ankle and Foot Complex Biomechanics
7	10	10/25/2021 - 10/29/2021	Kinematics of Gait
E2	11	11/1/2021 - 11/5/2021	<b>Exam 2 (M4-M7)</b>
8	12	11/8/2021 - 11/12/2021	Forces Impulse and Momentum
9	13	11/15/2021 - 11/19/2021	Inverse Dynamics
10	14	11/22/2021 - 11/26/2021	Work, Energy and Power <b>Lab 2: 3D MoCap Gait Analysis</b> Thanksgiving Break (Wed - Friday)
10	15	11/29/2021 - 12/3/2021	Work, Energy and Power (continued) <b>Lab 2: 3D MoCap Gait Analysis</b>
Exam 3	16	12/6/2021 - 12/10/2021	<b>Lab 2: 3D MoCap Gait Analysis</b> Review and Study Days
Finals	17	12/13/2021 - 12/17/2021	<b>Exam 3: 12/13/2021 - 12/16/2021</b>