

PART IV

APPLICATIONS OF BIOMECHANICS IN QUALITATIVE ANALYSIS

The personal trainer depicted here is using the principles of biomechanics to qualitatively analyze the exercise technique of his client. Biomechanical principles must be integrated with other kinesiology sciences in the qualitative analysis of human movement. The chapters in part IV provide guided examples of applying biomechanics in qualitative analysis for several kinesiology professions: physical education, coaching, strength and conditioning, and sports medicine. A variety of guided examples and questions for discussion are presented. The lab activities related to part IV provide students with opportunities to integrate biomechanical principles with other subdisciplines of kinesiology in the qualitative analysis of human movement. A sample table with the principles of biomechanics for qualitative analysis can be found in Appendix E.

