

Course Title: **Applied Sports Biomechanics II**

Course Code: **SPSC702**

Descriptor Start Date: **02/01/2026**

POINTS: **15.00**

LEVEL: **7**

PREREQUISITE/S: **SPSC604**

COREQUISITE/S:

RESTRICTION/S:

## LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

**Total learning hours: 150**

## PRESCRIPTOR

Extends and integrates anatomy and biomechanical knowledge within the context of sport. Uses advanced biomechanical assessment to evaluate human movement for the purposes of improving performance and reducing injury risk.

## LEARNING OUTCOMES

1. Demonstrate advanced knowledge of the biomechanical basis of effective and safe human movement in sport.
2. Demonstrate the ability to conduct, interpret and apply advanced biomechanical assessment techniques to enhance sports performance and reduce injury risk.

## CONTENT

- Biomechanical principles of training and effective performance in key sports
- Biomechanics of the musculoskeletal system and its relationship to injury in sport
- Variables important for biomechanical analysis
- Advanced biomechanical assessment techniques
- Interpretation of biomechanical data and recommendations for improved performance and injury prevention

## LEARNING & TEACHING STRATEGIES

**Disclaimer: Course descriptors may be amended between teaching periods/semesters**

A range of blended learning and teaching strategies will be used in this course. This will include online recordings, in-person lectures, readings and recorded lectures. Students are expected to engage with these various learning activities each week. The theory content is reinforced and extended through an applied workshop or laboratory each week. The workshops also provide a chance for face-to-face contact with academic staff for support and questions.

## ASSESSMENT PLAN

Assessment Event	Weighting %	Learning Outcomes
Written Assessment	25.00	LO1, LO2
Presentation	35.00	LO1, LO2
Examination	40.00	LO1, LO2

### Grade Map

#### MAP1

A+ A A- Pass with Distinction  
B+ B B- Pass with Merit  
C+ C C- Pass  
D Fail

### Overall requirement/s to pass the course:

Students must achieve an overall average grade of at least C- across all summative assessments to pass this course..

## LEARNING RESOURCES

Please refer to the additional information for a list of the recommended readings or resources.

**For further information, contact:** Te Ara Hauora A Putaiao - Faculty of Health & Environmental Science

**Principal Programme:** AK3521, Bachelor of Sport, Exercise and Health

**Related Programme/s:** AK3521 Bachelor of Sport and Recreation

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