## Contents

| Lis            | st of figures   | xi    |
|----------------|---|-------|
| List of tables |   | xvii  |
| List of boxes  |   | xix   |
| Pre            | eface   | xxi   |
| Introduction   |   | xxiii |
| 1              | Movement patterns – the essence of sports biomechanics                              | 1     |
|                | Introduction 1  |       |
|                | Defining human movements 3  |       |
|                | Movements in the cardinal planes 6  |       |
|                | Some fundamental movements 15   |       |
|                | Movement patterns 46  |       |
|                | Qualitative and quantitative movement analysis 47                                   |       |
|                | Summary 50  |       |
|                | Study tasks 51  |       |
|                | Further reading 53  |       |
|                | Appendix 1.1 Phase analysis of sports movements 53                                  |       |
| 2              | Qualitative biomechanical analysis of sports movements                              | 59    |
|                | Introduction 60   | 27    |
|                | A structured analysis framework 60  |       |
|                | Preparation stage – identifying critical features 65                                |       |
|                | Observation stage – observing reliably 80   |       |
|                | Evaluation and diagnosis stage – what's wrong? 83                                   |       |
|                | Intervention stage – putting things right 85  |       |
|                | Software packages for qualitative biomechanical analysis 91                         |       |
|                | Summary 94  |       |
|                | Study tasks 94  |       |
|                | Further reading 98  |       |
|                | Appendix 2.1 Universal and partially general movement (biomechanical) principles 98 |       |

| 3 | More on sports movement patterns – the geometry of motion      | 101 |
|---|--|-----|
|   | Introduction 101   | ,   |
|   | Movement patterns revisited 102                                |     |
|   | Fundamentals of movement 104                                   |     |
|   | Linear motion and the centre of mass 107                       |     |
|   | The geometry of angular motion 110                             |     |
|   | The coordination of joint rotations 114                        |     |
|   | Summary 130  |     |
|   | Study tasks 130  |     |
|   | Further reading 133  |     |
|   | Appendix 3.1 Further exploration of angle-time patterns 133    |     |
| 4 | Quantitative motion analysis in sports biomechanics            | 137 |
|   | Introduction 138   |     |
|   | Background to quantitative motion analysis 139                 |     |
|   | Videography 144  |     |
|   | Experimental videography procedures 150                        |     |
|   | Introduction to on-line motion analysis systems 159            |     |
|   | Data processing 164  |     |
|   | Projectile motion 172  |     |
|   | Linear velocities and accelerations caused by rotation 177     |     |
|   | Rotation in three-dimensional space 178                        |     |
|   | Summary 179  |     |
|   | Study tasks 180  |     |
|   | Further reading 183  |     |
|   | Appendix 4.1 Data smoothing, filtering and differentiation 184 |     |
|   | Appendix 4.2 Basic vector algebra 191                          |     |
| 5 | What causes sports movements? Forces and moments of force      | 197 |
|   | Introduction 198   |     |
|   | Forces in sport 198  |     |
|   | Combinations of forces on the sports performer 215             |     |
|   | Momentum and the laws of linear motion 218                     |     |
|   | Force-time graphs as movement patterns 220                     |     |
|   | Determination of the centre of mass of the human body 224      |     |
|   | Fundamentals of angular kinetics 227                           |     |
|   | Generation and control of angular momentum 231                 |     |
|   | Measurement of force 237                                       |     |
|   | Measurement of pressure 244                                    |     |
|   | Summary 247  |     |
|   | Study tasks 248  |     |
|   | Further reading 251  |     |
|   | Appendix 5.1 Force plate characteristics 251                   |     |
|   |  |     |

## 6 The anatomy of human movement

259

Introduction 260

The skeleton and its bones 260

The joints of the body 266

Muscles - the powerhouse of movement 269

Electromyography - what muscles do 286

Experimental procedures in electromyography 293

EMG data processing 296

Isokinetic dynamometry 300

Summary 303

Study tasks 304

Further reading 307

Glossary of important terms 309 SI units and symbols 317 Index 319