

# HLTH 3026 MOVEMENT AND SKILL ANALYSIS

**Spring (2024)**  
**Penrith (Kingswood)**  
**On-site**  
**Subject Contact**

**Credit Points** 10

**Description** This subject examines the scientific basis for movement and sports skill development. An understanding of the principles of movement and motor skill and how they apply to performance is examined through a range of movement tasks required for track and field athletics and some team sports. Laboratory activities will focus upon the basic movement tasks of throwing, jumping, balancing, striking, running and rotary activities. An examination of the instruments used in efficient movement analysis is undertaken.

**School** Health Sciences

**Student Contribution Band** HECS Band 4 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

## Learning Outcomes

After successful completion of this Unit, students will be able to:

1. Examine the anatomical, physical and mechanical principles which underlie movement
2. Demonstrate video analysis techniques to evaluate the motor skill performance of athletes
3. Apply scientific principles to improve motor skill performance in a variety of sporting contexts

## Subject Content

1. Revision of skeletal and muscular systems.
2. Movement principles: balance, force, levers, motion, momentum; associated with track and field athletics and some team sports.
3. Mechanical factors affecting motion in sport: friction, air, water resistance, gravity, impact, spin, elasticity.
4. Application of movement principles through practical sessions in a range of sports.
5. Evaluation of skill performance – isolating specific motor patterns, determining and applying movement principles (coaching points), classifying skill to enhance performance, learning movement skills.
6. Cinematography – use of videos for efficient movement analysis of sporting skills.
7. Practice and coaching considerations to enhance the acquisition and development of skills.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task
Quiz	2 hours	30	N	Individual
Quiz	2 hours	30	N	Individual
Log/ Workbook	1,500 words	40	N	

Teaching Periods

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=HLTH3026\\_24-SPR\\_KW\\_1#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=HLTH3026_24-SPR_KW_1#subjects))