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Sport And Exercise Biomechanics Grimshaw

Paul Grimshaw trained originally as a mechanical engineer with the Royal Ordnance before completing his degree (1984) and PhD in bioengineering (1989) from the University of Salford, UK. Throughout his 18 year career in academia he has lectured in the subject area of biomechanics at Brunel, Edinburgh and Exeter Universities in the UK.

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Paul Grimshaw is Associate Professor in Sports Engineering within the School of Mechanical Engineering at the University of Adelaide, Australia, where he is also Director of Engagement and Bachelor of Engineering (Mechanical and Sports) Program Coordinator.

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Sport and exercise biomechanics encompasses the area of science concerned with the analysis of the mechanics of human movement. It refers to the description, detailed analysis and assessment of human movement during sport activities. Mechanics is a branch of physics that is concerned with the description of motion/movement and how forces create motion/movement. In other words, sport biomechanics is the science of explaining how and why the human body moves in the way that it does.

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