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Editorial

Sports and Biomechanics: An Overview

Evanjali Pradhan*

Department of Biomedical Engineering, Utkal University, University in Bhubaneswar, Odisha, India

EDITORIAL

Professional athletes and athletic practises in general are researched and analysed using quantitative approaches in sports biomechanics. It's the physics of sports, to put it clearly. The laws of mechanics are used in this subfield of biomechanics to obtain a deeper understanding of athletic performance through mathematical modelling. Simulation and calculation on a computer Biomechanics is the application of mechanics to the study of the structure and function of biological systems (the branch of physics involving analysis of the actions of forces).

Within mechanics, there are two sub-fields of study: Statics, which is the study of systems in constant motion, either at rest (no motion) or moving at a constant velocity; and dynamics, which is the study of systems in motion with acceleration, which may include kinematics (the study of the motion of bodies with respect to time, displacement, velocity, and acceleration).

Biomechanists in sports assist people in achieving optimum muscle recruitment and efficiency. A biomechanist may also apply proper load barring techniques to keep the body in good condition. Athletes can learn about their own movements and make the improvements they need to improve performance and minimise injury risk by using biomechanics in sport and exercise.

To provide energy, sustain life, or stimulate growth, an organism absorbs a substance that is assimilated by the organism's cells. Different animal species have different feeding behaviours to fulfil the needs of their individual metabolisms, which have also evolved to fill a particular ecological niche in specific geographical contexts.

Applied mechanics

Applied mechanics is a branch of the physical sciences that deals with the application of mechanics in real-world circumstances. The response of bodies (solids and fluids) or systems of bodies to external actions of body, in either a starting state of rest or motion, subjected to the action of forces, is defined by pure mechanics. Applied mechanics is useful in formulating new ideas and theories, finding and understanding phenomena, and improving experimental and analytical methods within the practical sciences. The study of heat and, more broadly, energy, as well as electromechanics, the study of electricity and magnetism, were said to be complementary to mechanics in the application of natural sciences.

Motor coordination

The combination of body movements generated with kinematic (such as spatial direction) and kinetic (force) parameters that result in intended actions is known as motor coordination. When subsequent parts of the same action, or the movements of multiple limbs or body parts, are combined in a way that is well timed, smooth, and effective with respect to the intended target, motor coordination is achieved. This includes integrating proprioceptive knowledge about the musculoskeletal system's location and activity with neural processes in the brain and spinal cord that regulate, plan, and transmit motor commands.

Correspondence to: Evanjali Pradhan, Department of Biomedical Engineering, Utkal University, University in Bhubaneswar, Odisha, India, E-mail: eva.sikha008@gmail.com

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