

## Module 4 Reading Assignment

5% of final course mark

KIN 4161 Occupational Biomechanics  
Wayne Albert

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### Completion Details

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#### Introduction

The purpose of this assignment is to:

- Read a review article of the field of occupational spine biomechanics
- Answer questions on that reading related to the key take home messages
- Find a more recent article and summarize it

There are 2 sections to this assignment:

- Section 1: Take Aways for Topic Areas
- Section 2: Recent Article Summary

#### Instructions

##### **Section 1: Take Aways for Topic Areas**

1. Review these **topics areas**:
  - a. Acute Spine loading
  - b. Repetitive Spine Loading
  - c. Repetitive Lifting
  - d. Cumulative loading
2. Keep the topic areas you just reviewed in mind as you read the provided reading (link to reading provided in the D2L course):
  - a. Potvin J.R. (2008). Occupational spine biomechanics: A journey to the spinal frontier. *Journal of Electromyography and Kinesiology*, 18:891-899.
3. Identify the key take away message (current state of understanding) for each of the topic areas.

## Section 2: Recent Article Summary

1. Find a journal article on one of the four topic areas that is more recent (2018 or later). Provide a brief summary of the article in terms of the new knowledge it provides to the field.

### Formatting for Deliverables

IMPORTANT: This assignment has 2 deliverables.

#### **Deliverable 1: Take Aways for Topic Areas**

Use the following format for this deliverable:

- Cover page
- Use each topic area as a heading
  - Provide key take aways from the article under each section heading
- Arial 12-point font
- Single space
- APA referencing style should be used throughout, including a References page
- Write assignment in Word
- Save as a PDF document called:
  - KIN4161\_ Module 4 Reading Assignment\_Take Aways for Topic Areas.pdf

#### **Deliverable 2: Recent Article Summary**

Use the following format for this deliverable:

- Cover page
- Arial 12-point font
- Single space
- This summary should be no longer than 300 words
- APA referencing style should be used throughout, including a References page containing the reference to the article and a link to the article, if possible
- Write assignment in Word
- Save as a PDF document called:
  - KIN4161\_ Module 4 Reading Assignment\_Recent Article Summary.pdf

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## Grading

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Please refer to the rubric linked in the *Module 4 Reading Assignment* section of the *Module 4: The Spine: Lower Back Pain* screen in D2L for details about the specific expectations for this assignment.