

# Importance of Biomechanics in Sports

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**Abstract:** When coaches understand how forces work on muscles and affect motion in sports, they have a clear advantage over those who lack this knowledge and its applications. Athletes who know the basic concepts have a rationale for learning the correct way to execute skills. Knowing the reason behind learning a challenging technique gives them more motivation to master it. The key to success is finding effective instructional cues that help the athlete achieve correct mechanical technique. Coaches with a command of mental training tools and sports training principles can help athletes make amazing things happen on the field. Anatomy and physiology lay the foundation for biomechanics and kinesiology, areas of study about human movement.

**Keywords:** Biomechanics, Sports.

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