



Biomechanics: The Breakthrough Science of the 21st Century

Dear Friends and Colleagues,

Thank you for participating in the third annual National Biomechanics Day, which is really an international event. While we have many returning participants we also have many first-time NBD groups this year. We will therefore provide some instructions and really guidance to everyone so that we are all prepared to make NBD 2018 a great success.

NBD events varied greatly last year and all were fantastic. All should be structured around the skills and capabilities within each lab. I provide a brief description of our NBD events for some initial guidance. After welcoming the high school visitors, I showed the entire group this set of slides to introduce Biomechanics and NBD to them: [NBD Intro Slides](#). They portray Biomechanics in a fun and upbeat way. I then show them the [NBD Website](#) along with a short video or two from the Biomechanics in Action page. Finally, we divide the visitors into five groups and they circulate around the lab learning about various measures we make, isokinetics, 3D motion capture, EMG, ultrasound elastography, & wearable technology. Grad students direct these demos which is for the best – young high schoolers can relate to young grad students. Then we re-gather, have a few laughs, summarize, and call it an NBD. Last year we also ate NBD cupcakes. Mmmm.

Along with this we take many photos and paste them to Instagram as we go and we view on a big screen Instagram photos from other sites. We make sure the kids see these so they fully grasped the world-wide nature of NBD.

If you view through these slides [HERE](#), you can see everyone demonstrating their labs capabilities.

NBDs are easy to do and they are fun for the visitors and Lab crews.

Thank you so much for joining the NBD movement.

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