



**Forces and Motion - Kinetics and Kinematics
Workshop Agenda
April 16th & 17th 2016**

SATURDAY, APRIL 16 TH					
TIME		EVENT		TITLE	DURATION
7:30	-	8:00	Registration		0:30
8:00	-	8:15	Dr. Phil Cheetham and Dr. Sasho MacKenzie	Outline the Program	0:15
8:15	-	9:15	Keynote 1: Jon Sinclair	Discovering the Differences Between 2D Video and 3D Motion Capture	1:00
9:15	-	10:30	Dr. Phil Cheetham	Basic Kinematics	1:15
10:30	-	10:45	Coffee Break		0:15
10:45	-	12:00	Dr. Sasho MacKenzie	Basic Kinetics	1:15
11:45	-	12:30	Lunch		0:45
12:30	-	1:30	Dr. Phil Cheetham	Practical Kinematics I	1:00
1:30	-	2:30	Dr. Sasho MacKenzie	Practical Kinetics I	1:00
2:30	-	2:45	Coffee Break		0:15
2:45	-	5:00	Hitting Bay	3D Analysis - Kinematic and Kinetic	2:15
SUNDAY, APRIL 17 TH					
8:00	-	8:15	Dr. Sasho MacKenzie and Dr. Phil Cheetham	Outline of Today's Program	0:15
8:15	-	9:15	Keynote 2: Jon Sinclair	Using 3D data to Pitch like a Pro	1:00
9:15	-	10:30	Dr. Phil Cheetham	Practical Kinematics II	1:15
10:30	-	10:45	Coffee Break		0:15
10:45	-	12:00	Dr. Sasho MacKenzie	Practical Kinetics II	1:15
11:45	-	12:30	Lunch		0:45
12:30	-	1:00	Dr. Phil Cheetham	Kinematic Analysis - Example	0:30
1:00	-	1:30	Dr. Sasho MacKenzie	Kinetic Analysis - Example	0:30
1:30	-	3:00	Hitting Bay	3D Analysis - Kinematic and Kinetic	1:30

**If time permits, there will be a question & answer session at the end of each day.*