

PHYS 1130 : Physics of Sports

Summer Session III In-Person

July 15 – Aug 9 2024

Updated April 25



Summer Session III

For details on Summer Session 2024 go to the link [Summer Session Website](#)

Overview

This course is a study of the physics concepts (forces, momentum, acceleration, etc.) and equations relating them behind the motion of flying and spinning projectiles (humans too) in sports such as soccer, tennis, basketball, baseball, football, track and field, etc. We will also include rolling/sliding objects along flat surfaces such as in billiards and hockey. The focus will be on how to understand motion in sports and, perhaps, gain a competitive advantage through a better knowledge of the concepts and some mathematics, but not on physics derivations. Assignments and exams will be 40% quantitative based and 60% conceptual based. There will a greater emphasis on concepts and less on problem solving by the students.

By the end of the course here are some of the important points in sports you will know better.

Know why golf ball dimples and baseball stitches reduce drag allowing the ball to go further.

Know how why a pitched baseball or kicked soccer ball curves.

Know how to manipulate your center of mass to gain an edge in certain sports.

Know how to punt a football to make your gunner happy.

Know why going low is the best option in blocking/tackling in football.

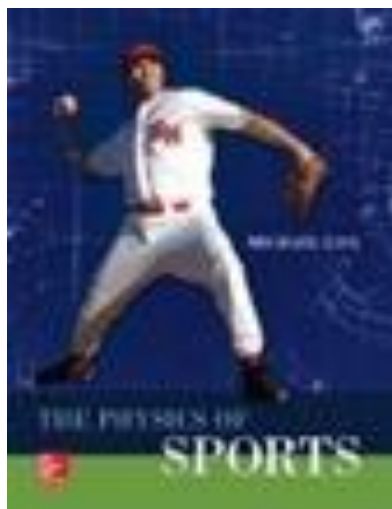
Know what is the best launch-angle and launch-velocity to make a three pointer.

Know why follow through is important in tennis or sports in general.

Know why the volley-ball motion in a float serve is similar to the knuckle-ball.

Know what factors affect your hangtime in basketball, punting, ballet dancing.

Required Textbook: The Physics of Sports, Michael Lisa, McGraw-Hill Education, Copywrite 2016, ISBN 978-0-07-351397-3 Softbound or digital copy is acceptable. College Level, Algebra based. You may purchase the e-version with Connect at [UVa Bookstore](#) for \$40.05. Ask for the Inclusive Access package. All Test and Assignments will use the “Connect” platform and will be accessible from the Inclusive Access package. Instead of Collab, we will be using the new LMS system called Canvas. The link is <https://canvas.its.virginia.edu/> For an additional \$22.22, you can also get the printed loose-leaf. This is a great price. These prices may change by the time the course is actually given. The cover page is shown below.



Course Organization

Lecture Sessions	Lecture MWF 10:30 -11:35	5 min break
	Lecture MWF 11:40 - 12:45	
	Lecture T,R 10:30 - 11:35	5 min break
	Discussion T,R 11:40 - 12:45	Problem solving on T and Quiz on R
Instructor:	Richard A Lindgren.	ral5q@virginia.edu
	Emeritus Research Professor	Physics
Office Hours	T,R 7:00-8:00pm	Online (Zoom)

Teaching Assistant	TBA	-----
Office Hours	TBA	MTWRF

About the instructor: The instructor has taught numerous introductory physics course, has published/co-published hundreds of articles in Nuclear Physics and given many professional talks in search of understanding the nuclear force; Co-Founder/First Director of the Master of Physics Education Program for Teachers, developed several physics courses for teachers, taught and organized many STEM summer workshops; and spent remaining recreational hours trying to improve his athletic skills such as tennis, basketball, etc.

Course web page: Syllabus and Schedule can be found on Lou's List; Will also be available on Canvas soon.

Prerequisites: A good algebra/Trig-based course in mathematics at the high school or college level is required. No calculus needed. No previous physics course is required, but it would be very helpful if you had at least a high school level physics course. Algebra based physics courses at UVa such as PHYS 2010 would be very helpful and as well as any algebra-based college math course. If unsure about your math or physics background, contact the instructor at ral5q@virginia.edu.

Lectures: There will be 8 lectures each week. Two lectures on Monday, two lectures on Wednesday and two on Friday. There will be one lecture on Tuesday and one on Thursday scheduled for the first hour. Lectures will be on power point slides that you may download from Canvas before coming to class. My lecture slides will be presented to you using Notability on my I-pad. This allows me to use the stylus to sketch demonstration setups and to outline solutions to examples and homework problems on my slides during class. Lectures also include video clips of athletic activities demonstrating physics points and Newton's laws, problem solving, and conceptual explanations of how laminar/turbulent air flow around a ball is responsible for the curve in baseball, the banana curve in soccer, the swing of a cricket ball, the shank in golf, topspin in tennis, etc. and including the unpredictable knuckleball and the float serve in volley ball. A copy of the annotated slides will also be available on Canvas after class. You may take your own class notes if you use an I-pad or Tablet. All classes will be recorded and available for replay on Canvas.

Discussion: The second hour on Tuesday will be reserved totally for problem solving and questions. The second hour on Thursday will include a limited discussion and problem solving followed by a 30 minute quiz.

Assignments: All assignments are based on the McGraw-Hill platform “Connect” . Connect is part of the textbook package. The six types of assignments are: SmartBook, Homework, Quizzes, Midterm, Final exam and a *Project. The Project is optional.

SmartBook (SB) Reading Assignments: Read the sections listed on the schedule for each day and on you submit the SmartBook Module SB01 as you answer the multiple-choice questions. This is open book. The SmartBook Module is part of the “Connect” platform. This is an easy way to read the material and get credit towards your grade. You are expected to get 100 on all SmartBook assignments. You do the assignment until you get it all right.

Homework: Homework questions and problems will be selected from the end of chapter problems in the text. Problem numbers are randomized, assigned, and graded through the McGraw-Hill platform “Connect”. Homework is due Tuesdays and Fridays at 11:59 pm and submitted on “Connect”. Homework help is available during office hours from the instructor 7:00 pm – 8:00 pm on TR and from the TA on a time to be announced on MTWRF. Extra time may be spent by the instructor on selected homework problems during classes and during discussion.

Quizzes: Each week an open book 30-minute quiz will be given on Thursday. Approximately 4-6 (MC) questions on each quiz. There will be 2-3 quantitative questions and 3-4 conceptual questions.

Midterm Exam: : 1 hr 15 min exam. Approx. 16-20 questions. 40% numerical and 60% conceptual questions.

Final Exam: 3 hr exam. Approx. 40 questions. 40% numerical and 60% conceptual questions.

Project : You may choose to do Project 1 or Project 2.

Project 1- more conceptual: You may submit a link to a 3-6 min sports video clip (YouTube is fine). Submit your video with a discussion of the relevance of the video to physics concepts discussed in class. Your write up must be at least 2000 words. The ideas behind the sports video clip is to get you to think about the physics concepts that you see in athletics and to provide material that is interesting to you. Upload the video using features on Canvas. A very large list of YouTube video links of a variety of sports are available on the class website. I will discuss this during discussion and give you a previous example.

Project 2 - more quantitative: An alternative project appropriate for a two-person group assignment. This one would require a more quantitative effort where you would analyze a photograph of a free throw or 3 pointer that went through the hoop without hitting the rim. Your write up must be at least 1000 words Assuming only gravity is acting on the ball, you will determine launch angle, launch velocity, ball peak height above the floor, and ball air-time. Please comment how some results may change if you considered the effects of a changing drag coefficient and a change in air density. I will at some time present an example of how to do this during discussion and provide the necessary formulas. Other projects may be considered.

Grading: Your final grade is based on several components, so no one component makes or breaks it.

- Final Exam 35%
 - Midterm 25%
 - Quizzes 10%
 - Homework 15%
 - SmartBook 10%
 - Project 5%
 - Total 100%
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- If your final exam grade is not greater than the midterm, I will weigh the final at 30% and the midterm at 30%. If you choose not to do the project, I will renormalize your score to 100 by dividing your total score by 0.95.

Calendar: A calendar of topics for class meetings, due dates for submitting reading modules, homework problems, and taking exams will be available on Canvas. This calendar will be updated from time to time.

Important Dates:

- Online Registration opens on SIS: Mar 25, 2024 for UVa Graduate students or Mar 28, 2024 for Visiting students.
- Undergraduate Enrollment Begins (4th/3rd years) Mar 26 2024
- Undergraduate Enrollment Begins (2nd/1st years) Mar 27 2024
- For details on Online Registration go to the link [Registration and Academic Procedures](#)
- First Lecture: Monday July 15
- First Quiz: Thursday July 18 12:15 pm. See calendar for other quiz dates.
- Midpoint: July 26
- Withdrawal deadline: TBA
- Last lecture: Aug 8 10:45 am
- Final exam: Aug 9 2:00 pm – 5:00 pm

University Honor System: An Honor Offense is defined in the link honor.virginia.edu/overview An honor offense would be any violation of the honor pledge, “On my honor, I pledge that I have neither given nor received help on this assignment.” A pledged assignment means homework, exam, quiz, etc. or any written assignment that requires a grade unless otherwise noted. Your Professor can add to the pledge or document as he see fits. For example, an open book assignment means that you can only use your assigned textbook (digital or notebook versions). You cannot use notes compiled or summarized from other resources. I could change these rules if so desired. If I request you to take an exam with your video unmuted, then you are expected to do so. It could be considered an honor violation if you refused. If you knowingly obtain a copy of a future exam by accident or intent, I would consider that an honor

violation. You should report such an incidence to your instructor. I am required to report any suspected violation of the honor code to the honor committee. If you are uncertain about any future action that you might commit, don't hesitate to contact me to ask for advice on whether or not it is an honor violation.

Satisfying General Education Requirements: Physics 1130 is an introductory-level physics course serving a broad range of students. It satisfies the requirements for courses in the [The Chemical, Mathematical & Physical Universe](#) category. It may also satisfy the requirements for disciplines Living Systems and Science and Society. The following excerpt is taken from the University General Education requirements in the Discipline category: A liberal education should develop in students a knowledge of past and present attempts to identify the material composition and mathematical structure of the physical world and universe and the forces that govern their interaction. Such knowledge is crucial to understanding the environment in which we live and inspiring the technologies we have developed to navigate and function in that environment. Courses in this category should introduce students to the concepts, facts, and theoretical principles of the mathematical and physical sciences and help students relate them to their lives as citizens and apply them to contemporary problems.

Students With Disabilities: Students needing the services provided by the Students Disability Access Center (SDAC) will need to be certified by that office. The center is located at 400 Brandon Ave. P.O. Box 800760, Charlottesville, VA 22908-0760, Phone 434-924-5362, Email studenthealth@virginia.edu Website [student health](#)

Calendar
PHYS 1130 The Physics of Sport
Summer Session III
Updated Apr 25, 2024

		PHYS 1130 The Physics of Sport		Reading	SB / HW
		Topics and times may be adjusted as we go		CONNECT	CONNECT
Date	Time-Day	Lecture	Topics	Chapters	Due
7-15	10:30 -Mon	1	Overview, scientific notation, center of mass, speed, velocity, and acceleration	Ch 1.1-1.3,	SB01, SB02
7-15	11:40-Mon	2	Analysis of 100-meter Olympic record-breaking speed/acceleration of Usain Bolt	1.3, 2.1, 2.2	
7-16	10:30-Tue	3	How acceleration of gravity affects hangtime and height of vertically launched balls.	2.1-2.3	
7-16	11:40-Tue	No Quiz	Discussion of Project 1 and Project 2		
7-17	10:30-Wed	4	How does hangtime of a basketball player differ from a thrown ball or does it?	2.3	SB03
7-17	11:40-Wed	5	What launching force does a 6-ft 11" bball player need to jump 40 in. off the floor?	3.1 - 3.3	HW01
7-18	10:30-Thu	6	What is the landing velocity of such a player? Why do you bend your knees?	3.2.4, 3.2.5	
7-18	11:40-Thu	QZ01	Discussion 11:40- 12:10 and QZ01 12:15 – 12:45	1.1-3.2	
7-19	10:30-Fri	7	How lineman in football use static friction to gain an advantage on their opponent?	3.3	SB04
7-19	11:40-Fri	8	Crouching in football. Why does the low man win? All about torque and friction.	3.4-3.5	
7-22	10:30 -Mon	9	Centripetal force, the rotor, car turning a corner, curling, imaginary forces	3.5	SB05
7-22	11:40-Mon	10	Punting in football. Why is timing between the gunner and the punter important?	4.1 – 4.2	HW02
7-23	10:30-Tue	11	Humans in flight, Ballet dancer, Beamon's Long jump record. Importance of c.m.	4.3-4.4	
7-23	11:15-Tue	QZ02	Discussion 11:40- 12:10 and QZ02 12:15 – 12:45	3.3-4.4	
7-24	10:30-Wed	12	Effect of buoyancy on an object in water or air, baseballs, golf balls, basketballs	5.1 - 5.2	SB06
7-24	11:40-Wed	13	Aerodynamics and how the Drag Force affects balls flying through the air.	5.3	HW03
7-25	10:30-Thu	14	How do the threads on baseballs and dimples on golf balls affect their flight?	5.4	
7-25	11:40-Thu	Midterm	Midterm Exam 10:30 -12:45	Ch 1 – Ch 4	
7-26	10:30-Fri	15	Drag Crisis:Reduction of the turbulent wake behind the ball reduces C_D as v increases	5.4 - 5.5.4	SB07
7-26	11:40-Fri	16	What is the Magnus force and how does it increase the distance a baseball travels?	5.4.2-5.5.1	
7-29	10:30 -Mon	17	Why is the trajectory of a spinning soccer ball part of a spiral or a banana curve?	5.5.2-5.5.5	
7-29	11:40-Mon	18	On the deflection of a curve ball across the plate; Yankee stadium vs Coors Field	5.5.3, 5.7	HW04
7-30	10:30-Tue	19	How to shoot a basketball to maximize your field goal percentage?	5.5.5 and slides	
7-30	11:15-Tue	QZ03	Discussion 11:40- 12:10 and QZ03 12:15 – 12:45	5.4-5.5	
7-31	10:30-Wed	20	How can you explain a knuckleball to darting back and forth?	5.6.1	SB08
7-31	11:40-Wed	21	Finding the momentum change in a total inelastic collision in football tackling.	6.1-6.2	HW05
8-01	10:30-Thu	22	Why is the collision force between objects reduced when using a helmet (or air bag)	5.6.1	
8-01	11:40-Thu	QZ04	Discussion 11:40- 12:10 and QZ04 12:15 – 12:45	5.6-6.2	
8-02	10:30-Fri	23	Bat and ball collisions, sweet spot, COP, vibrations, triple hit and broken bats.	6.1-6.2	
8-02	11:40-Fri	24	Coefficient of Restitution COR; maintaining integrity of baseballs and golf balls	6.4.2	
8-05	10:30 -Mon	25	Using top spin and back spin to gain an edge in tennis.	6.1-6.2	SB09
8-05	11:40-Mon	26	The kinematics of pickleball and paddle tennis	6.4.2	HW06
8-06	10:30-Tue	27	The law of diminishing returns in Golf	6.5.3	
8-06	10:30-Tue	28	How to improve your billiards knowing about elastic collisions and the 90 deg rule.	Slides and notes	
8-07	10:30-Wed	QZ05	Discussion 11:40- 12:10 and QZ05 12:15 – 12:45	6.1-6.4	
8-07	11:40-Wed	29	Review and Discussion		
8-08	10:30-Thu	30	Study on your own		HW07
8-08	11:35-Thu	31	Study on your own and available for Office hours		6:00 pm
8-09	Fri	Final	Final Exam		
8-10	Sat		Project 1/Project 2 Due		11:59 pm
	Textbook		The Physics of Sports, Michael Lisa, McGraw-Hill Education	2016	
			ISBN ISBN 978-0-07-351397-3		

HW due 11:59 PM
 SB due at 9:00 am
 QZ due at 12:45 pm
 Midterm due at 12:45 pm
 Final Exam TBA