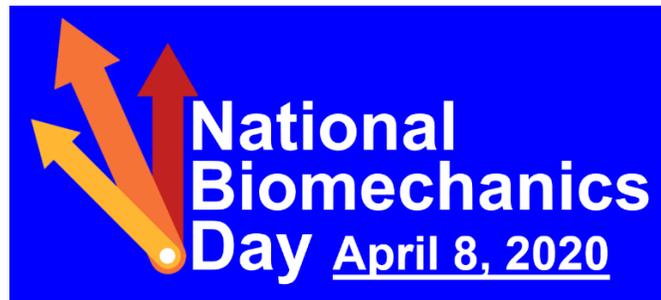




TO



## 29,279 High School Students Celebrated Biomechanics Through NBDs 2016 to 2020

Hello Biomechanists and Everyone Else All Around The World,

National Biomechanics Day is completing its fifth season and its ever-growing popularity and success continue to expand the boundaries of Biomechanics. We like to think that the success of our outreach has inspired others to create their own expansive Biomechanics initiatives, for example, [The Biomechanists](#) have their own exciting network of Biomechanics activities that are growing our science.

NBD events began on university campuses in the U.S. and quickly expanded to universities around the world. Did we say, "quickly?" We meant very quickly because international events began in 2017, our second year with New Zealand, Australia, Brazil, Canada, Belgium, Portugal and the U.K. joining the party. Through this year, 27 countries have hosted 392 NBD celebrations for high school students and teachers. NBD also has support and collaborations with ten different Biomechanics societies and 24 commercial Biomechanics companies. While most events are on university campuses, many private, commercial institutions also hold NBD events. [Delsys](#) in Massachusetts, [Nike](#) in Oregon, and the [American Sports Medicine Institute](#) in Alabama all celebrated NBD with uplifting events. As you know, NBD thrives on happy photos of happy people...so, let's see a few from Brazil, the US...



...and our personal favorite from the National Sports Institute in Malaysia,



NBD thrills and fun are also highlighted through many great videos (eg, [2019 Was The Year of The NBD Video](#)) and contests sponsored by many societies. In 2019 we had six individual contests including Art in Biomechanics (sponsored by [Sanford Sports Science Institute](#)), Two Minute Tweet ([ISBS](#)), Student Competition ([ASB](#) and [Books of Discovery](#)), Best Poster the annual meeting of BASES ([BASES](#)), Young Scientist Load Sol ([Novel](#)), and Force Platform Experiment ([Bertec](#)). We thank all the sponsors and congratulate all the award recipients.

NBD is also well represented in the [Journal of Biomechanics](#) and [Lower Extremity Review](#) through the generosity of editor Farsh Guilak and publisher Rich Dubin. JoB has published five papers detailing the philosophy, outcomes, and value of National Biomechanics Day and these can be found [Here](#) for a night of unforgettable reading! LER also has five NBD articles highlighting NBD events and all of which can be found [Here](#) for a day of unforgettable reading.

We have had a wonderful growth in our many varied and fun contests reaching six independent events in 2019. These included Art in Biomechanics (sponsored by [Sanford Sports Science Institute](#)), Two Minute Tweet, mentioned above ([ISBS](#)), Student Competition ([ASB](#) and [Books of Discovery](#)), Best Poster the annual meeting of BASES ([BASES](#)), Young Scientist Load Sol, also above ([Novel](#)), and the Force Platform Experiment ([Bertec](#)). We thank all the sponsors and congratulate all the award recipients. We sponsored a Student Trivia Contest at the [ASB](#) meeting this year and awarded NBD shirts and hats.

The phenomenal success of National Biomechanics Day is due to the generous contributions of so many individual people, institutes, societies, and enterprises. Please see all our sponsors and supporters here, [Sponsors](#). All sponsor logos are linked to their websites so please visit some of these sites when you have a moment. Most importantly, NBD thanks with great sincerity and appreciation YOU, the biomechanists around the world creating National Biomechanics Day events in all their varied forms. Every participating biomechanist, student and faculty, academic and industrialist, researcher and applier generously donated your time and effort to unify our science and show it to young people and young people liked it. YOU are creating the Biomechanists of the future through your contributions to NBD.

We also enhanced our worldwide presence through social media. Please spend a few moments viewing, liking, forwarding, and retweeting The Global Phenomenon that is National Biomechanics Day:

[Instagram NBD](#)   [Twitter NBD](#)   [Facebook NBD](#)   [NBD Website](#)

You can search through these sites with #NBDYEAR (eg NBD2019), @BiomechanicsDay, #NationalBiomechanicsDay and variations on these themes to see NBD 2019 all over the world.

In 2020 we must of course mention the Coronavirus pandemic. The Biomechanics Initiative and National Biomechanics Day first hope you are all well and have avoided contracting COVID-19. We also thank everyone who helped others through the pandemic including medical personnel, makers of facemasks and other protective equipment, food service workers, and family members helping other family members. Like most events, NBD 2020s were postponed and then cancelled this year. We can only hope that our societies and countries will be healthy in the Spring and able to hold all our seasonal activities including National Biomechanics Day. We are planning events to occur in early April but we also recognize this plan may be overly optimistic. Let us please now think about organizing virtual NBDs in various formats. For example, perhaps a small, "NBD Lab Crew," can show activities from its Biomechanics lab to a high school group through Zoom or a similar application. In any case, we look forward to successful NBD events in the Spring.

Without doubt ***NBD remains single greatest day in biomechanics: there are more smiles on more faces in more biomechanics labs than any other day.*** Let's all thank each other for contributing so successfully to our mission which is to increase the impact of Biomechanics onto society through introducing our science to high school students.

Sincerely, Paul DeVita, Ph.D.



National Biomechanics Day April 7, 2021

**National Biomechanics Day Goes International**

NBD Nations

- Armenia
- Australia
- Belgium
- Brazil
- Canada
- Chile
- Colombia
- Czech Republic
- Egypt
- France
- Germany
- Hong Kong
- Iran
- Iraq
- Ireland
- Malaysia
- Mexico
- New Zealand
- The Netherlands
- Pakistan
- Portugal
- Saudi Arabia
- Singapore
- South Africa
- Spain
- United Kingdom
- United States

NBD celebrates Biomechanics  
with 27 Nations  
29,279 High school students  
951 High school teachers  
And a BIG IMPACT

**JOIN NBD 2021!!!**

The poster features a globe composed of various national flags, with a blue background and white text. The text is arranged in columns, with the list of nations on the left and the celebratory statistics on the right. The globe is positioned in the lower right quadrant, showing a variety of flags from different countries.