



# National Biomechanics Day April 11, 2018

## 11,000+ High School Students Celebrated Biomechanics on NBD 2018

Hello Biomechanists and Everyone Else All Around The World,

National Biomechanics Day is completing its third season and its popularity and success continue to astound us. We had over 11,000 high school students and 350 teachers participating in NBD 2018 events truly around the world. After three years we have now excited over 20,000 young people about Biomechanics. Here's what NBD looks like in Hong Kong, Portugal, Malaysia, and the U.S.



Well, even dinosaurs could benefit from motion capture! 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 #NBD2018, @BiomechanicsDay, #NationalBiomechanicsDay and variations on these themes to see NBD 2018 all over the world.

Without doubt we continue to promote our mantra: ***NBD 2018 was the single greatest day in biomechanics: there were more smiles on more faces in more biomechanics labs than ever before.*** 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 high school students to our science.

I would like to highlight three new initiatives that occurred in NBD 2018. National Biomechanics Day greatly expanded around the world this year. We had 20 international NBDs in 2017 and 52 international NBDs this year. While the usual suspects including New Zealand, Brazil, Australia, and the United Kingdom continued to NBD (that's a verb) in 2018, many other countries joined the movement. Armenia, Canada, and Chile had NBD events. China, the Czech Republic and Germany had NBD events. Iran, Malaysia, Pakistan, Portugal, and Singapore had NBD events. Turkey will have an NBD later this year! We are sure to develop further along international lines and have NBDs in more nations in 2019.

NBD greatly expanded its efforts in diversity and inclusiveness. We are partnering with ASB member Dr. John Drazan and his initiative, Science of the Slam and 4<sup>th</sup> Family to bring Biomechanics to under-represented young populations through community sports leagues. Through ASB members Drs. Brooke Odle and Courtney Shell, NBD is now associated with the W.E.B. Du Bois Scholars Institute at Princeton University. Also, through the individual efforts of ASBers Joanie Bechtold, Diversity Committee Chairperson Robin Queen, and Novel representative Susan Diekrager, NBD-related, Biomechanics-STEM outreach events were organized in Minneapolis, NYC at the iFAB conference and one will be held this August in conjunction with the ASB meeting at Mayo Clinic. We will continue to develop our DE&I initiatives.

Through the efforts of many people and organizations around the world, we had numerous and fun NBD competitions. ASB Student Rep Katie Knaus directed the student competitions for the second year. Awards were given for Best NBD Content and Greatest NBD Impact. ASB member Lisa MacFadden organized and directed the Art In Biomechanics competition and received numerous beautiful entries. The ISBS and Laura-Anne Furlong ran a Two Minute Tweet competition in which entries discussed their research in short videos. The Clinical Movement Analysis Society (CMAS) with Colm Daly ran a Stick Figure Charades competition that had hilarious entries of, "biomechanical interpretations of famous movies." The British Association of Sport and Exercise Sciences had a free membership drawing for any NBD participants. Thanks, Sandy Willmott.

The phenomenal success of National Biomechanics Day is due to the generous contributions of so many individual people, institutes, societies, and enterprises. We thank so much the ASB for its support and wonderful NBD-enthusiasm. ASB Executive Board members tirelessly promote NBD and perform many behind the scenes support-efforts and ASB members massively participate in NBD events. Brazilian, International, Canadian, Czech Biomechanics Societies along with the International Society of Biomechanics in Sport, American Kinesiology Association, British Association of Sport and Exercise Sciences, and Clinical Movement Analysis Society all sponsor NBD and have expanded the impact of Biomechanics. Instrument manufacturers AMTI, Bertec, Delsys, Kistler, Noraxon, Novel, The Motion Monitor, Qualisys, Vicon/IMU, and Xsens all sponsor NBD as they do so many Biomechanics societies and conferences. Today we specifically highlight Delsys's recent recognition of NBD as one of the, "impactful scientific events," of the past year, [HERE](#). I personally thank the many members of the NBD Organizing Committee who have contributed to our social media blitz, our increased efforts in diversity and inclusiveness, our website and registration efforts, fundraising, international development, and the growth of dance science. 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.

Sincerely,

Paul DeVita, Ph.D.

**National Biomechanics Day**  
**April 11, 2018**

Biomechanics is...



...for everyone

**Celebrating the 21<sup>st</sup> century's breakthrough science**

<http://nationalbiomechanicsday.asbweb.org/>

**Celebrating the 21<sup>st</sup> Century's Breakthrough Science**

Happy National Biomechanics Day...



I'm talking to you

From ECU to You...

**National Biomechanics Day** April 11, 2018

<http://nationalbiomechanicsday.asbweb.org/>

**Celebrating the 21<sup>st</sup> century's breakthrough science**

Science meets power...



...on National Biomechanics Day

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