JHARKHAND Rai University
UGC RECOGNISED UNIVERSITY
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Lesson Plan & Tracking

Programe : BPT	**Session : 2021 - 2025**	**Year : 2022**	**Sem: III**
Course: Biomechanics-1 Theory			
Name of the Faculty: Dr. Ajit Kumar Gupta (PT)	**Commencement Date:29/08/2022**		**Date of Closure:30/12/22**

Lecture No.	Week	Unit	Topics to be Covered	Blended Mode			Date	Duration	Tracking of Lectures	Related Course Outcome	Signature of Faculty	Signature of HoD	Remarks (if any)
				ICT Tool/Platform/ LMS	Resources	Activity							
1	1	1	Introduction to Mechanics, force										
2		1	COG, LOG, BOS										
3		1	vectors.Newton's Law of motion, law of inertia										
4		1	Lever, MA										
5		1	Torque, Moment Arm										
6		1	Anatomical Pulley										
7		2	Joint Design And Human Joint										
8	2	2	Dense Fibrous Tissue										
9		2	Bone and Cartilage										
10		2	Connective Tissue										

11		2	Classification of Joint										
12	3	2	joint Function, Knematics Chain										
13		2	ROM, general effect of injury & disease										
14		3	Mobilty										
15		3	Stability										
16	4	3	Elements of muscle structure & properties										
17		3	Factor affecting muscle tension										
18		3	types of mscle contration										
19		3	muscle works										
20	5	3	classification of muscle and function										
21		3	group action of muscle										
22		3	cooradinated movement										
23		4	factor responsible posture										
24		4	relationship of gravity on posture										
25		4	factors responsible for imbalnce										

26		4	statics position										
27		4	dynamic position										
28		4	Ergonomics										
29			Revision										
30			Revision										