

Academic Calendar Report

Ms. Peraha Wagan (Lecturer)

Course:	Kinesiology-I	Program:	DPT
Batch:	2025-26	Semester/Year:	1st Year - 1st Semester

S.No.	Date	Week	Teacher	Description
1	24/02/2026	Week 1	Ms. Peraha Wagan	Introduction: Definition of Kinesiology and Rehabilitation; Types of motion.
2	25/02/2026	Week 1	Ms. Peraha Wagan	Introduction: Definition of Kinesiology and Rehabilitation; Types of motion.
3	26/02/2026	Week 1	Ms. Peraha Wagan	Introduction: Definition of Kinesiology and Rehabilitation; Types of motion.
4	03/03/2026	Week 2	Ms. Peraha Wagan	Mechanics: Mechanical Principles; Force systems and units of measurement.
5	04/03/2026	Week 2	Ms. Peraha Wagan	Mechanics: Mechanical Principles; Force systems and units of measurement.
6	05/03/2026	Week 2	Ms. Peraha Wagan	Mechanics: Mechanical Principles; Force systems and units of measurement.
7	10/03/2026	Week 3	Ms. Peraha Wagan	Gravity & Equilibrium: COG, LOG, BOS, and Equilibrium types.
8	11/03/2026	Week 3	Ms. Peraha Wagan	Gravity & Equilibrium: COG, LOG, BOS, and Equilibrium types.
9	12/03/2026	Week 3	Ms. Peraha Wagan	Gravity & Equilibrium: COG, LOG, BOS, and Equilibrium types.
10	17/03/2026	Week 4	Ms. Peraha Wagan	Movement Mechanics I: Axes and Planes; Speed, Velocity, and Acceleration.
11	18/03/2026	Week 4	Ms. Peraha Wagan	Movement Mechanics I: Axes and Planes; Speed, Velocity, and Acceleration.
12	19/03/2026	Week 4	Ms. Peraha Wagan	Movement Mechanics I: Axes and Planes; Speed, Velocity, and Acceleration.
13	24/03/2026	Week 5	Ms. Peraha Wagan	Movement Mechanics II: Inertia, Friction, and Lever types.
14	25/03/2026	Week 5	Ms. Peraha Wagan	Movement Mechanics II: Inertia, Friction, and Lever types.
15	26/03/2026	Week 5	Ms. Peraha Wagan	Movement Mechanics II: Inertia, Friction, and Lever types.
16	31/03/2026	Week 6	Ms. Peraha Wagan	Pulley Systems: Types and anatomical applications; Angle of pull.

S.No.	Date	Week	Teacher	Description
17	01/04/2026	Week 6	Ms. Peraha Wagan	Pulley Systems: Types and anatomical applications; Angle of pull.
18	02/04/2026	Week 6	Ms. Peraha Wagan	Pulley Systems: Types and anatomical applications; Angle of pull.
19	07/04/2026	Week 7	Ms. Peraha Wagan	Introduction to Movement: The body levers and patterns of movement.
20	08/04/2026	Week 7	Ms. Peraha Wagan	Introduction to Movement: The body levers and patterns of movement.
21	09/04/2026	Week 7	Ms. Peraha Wagan	Introduction to Movement: The body levers and patterns of movement.
22	14/04/2026	Week 8	Ms. Peraha Wagan	Movement Control: Timing, Rhythm, and Nervous control.
23	15/04/2026	Week 8	Ms. Peraha Wagan	Movement Control: Timing, Rhythm, and Nervous control.
24	16/04/2026	Week 8	Ms. Peraha Wagan	Movement Control: Timing, Rhythm, and Nervous control.
25	21/04/2026	Week 9	Ms. Peraha Wagan	Starting Positions: Fundamental positions
26	22/04/2026	Week 9	Ms. Peraha Wagan	Starting Positions: Fundamental positions
27	23/04/2026	Week 9	Ms. Peraha Wagan	Starting Positions: Fundamental positions
28	28/04/2026	Week 10	Ms. Peraha Wagan	Derived Positions: Purpose of derived positions and muscle work involved.
29	29/04/2026	Week 10	Ms. Peraha Wagan	Derived Positions: Purpose of derived positions and muscle work involved.
30	30/04/2026	Week 10	Ms. Peraha Wagan	Derived Positions: Purpose of derived positions and muscle work involved.
31	05/05/2026	Week 11	Ms. Peraha Wagan	Mid-Term Examinations / Evaluation Week.
32	06/05/2026	Week 11	Ms. Peraha Wagan	Mid-Term Examinations / Evaluation Week.
33	07/05/2026	Week 11	Ms. Peraha Wagan	Mid-Term Examinations / Evaluation Week.
34	12/05/2026	Week 12	Ms. Peraha Wagan	Muscle Strength: Muscle tone and physiological application.
35	13/05/2026	Week 12	Ms. Peraha Wagan	Muscle Strength: Muscle tone and physiological application.
36	14/05/2026	Week 12	Ms. Peraha Wagan	Muscle Strength: Muscle tone and physiological application.
37	19/05/2026	Week 13	Ms. Peraha Wagan	Muscle Action: Group action and types of muscle work.

S.No.	Date	Week	Teacher	Description
38	20/05/2026	Week 13	Ms. Peraha Wagan	Muscle Action: Group action and types of muscle work.
39	21/05/2026	Week 13	Ms. Peraha Wagan	Muscle Action: Group action and types of muscle work.
40	26/05/2026	Week 14	Ms. Peraha Wagan	Goniometry & MMT: Upper quadrant measurement and muscle testing.
41	27/05/2026	Week 14	Ms. Peraha Wagan	Goniometry & MMT: Upper quadrant measurement and muscle testing.
42	28/05/2026	Week 14	Ms. Peraha Wagan	Goniometry & MMT: Upper quadrant measurement and muscle testing.

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