

**Theoretical lecture plan for kinsology
Academic year 2022-2023
Prof. Dr. Anis Saleh Gheit.**

Serial No.	Topic	No, of hours/ week		
		Theoretical	Lab	Total
1 st	Movement terminology & biomechanical principles	1	1	2
2 nd	Plane and axis	1	1	2
3 rd	Joints and their classifications	1	1	2
4 th	Basics of kinetic / Force	1	1	2
5 th	Center Of Gravity	1	1	2
6 th	Balance, Equilibrium, and stability	1	1	2
7 th	Force System	1	1	2
8 th	LEVERS	1	1	2
9 th	PULLEY	1	1	2
10 th	MOTION	1	1	2
11 th	NEWTON'S LAWS	1	1	2
12 th	Application Of Newton's Laws	1	1	2

N.B : Midterm exam will be on 8th week .

**Theoretical lecture plan for biomechanics 2nd year
Academic year 2022-2023
Second Semester
Prof. Dr. Anis Saleh Gheit**

Serial No.	Topic	No, of hours/ week		
		Theoretical	Lab	Total
1 st	Introduction to gait	2	1	3
2 nd	Kinematic analysis of gait	2	1	3
3 rd	Measurement of joint angles	2	1	3
4 th	Displacement of COG and determinants of gait	2	1	3
5 th	Kinetic analysis of gait	2	1	3
6 th	Internal forces	2	1	3
7 th	Muscular activity during gait	2	1	3
8 th	Pathological gait	2	1	3
9 th	Correction of gait	2	1	3
10 th	Gait deviations	2	1	3
11 th	Foot Kinesiology in gait	2	1	3
12 th	Gait analysis and laboratory method	2	1	3

N.B : Midterm exam will be on 8th week .

**Theoretical lecture plan for the subject of ergonomics, the third year
Academic year 2022-2023
First semester
Prof. Dr. Anis Saleh Gheit**

Serial No.	Topic	No, of hours/ week		
		Theoretical		Total
1 st	Introduction to Ergonomics	2		2
2 nd	Work related musculoskeletal disorders	2		2
3 rd	Common occupational injuries of the back	2		2
4 th	Lifting process	2		2
5 th	Hand held tools	2		2
6 th	Human machine system	2		2
7 th	Library ergonomics	2		2
8 th	Office Ergonomics (Computer work station)	2		2
9 th	Office Ergonomics (Office Environmental Muscle Recovery)	2		2
10 th	Office Ergonomics (Indoor Air Quality)	2		2
11 th	Office Ergonomics (Electromagnetic Field)	2		2
12 th	Office Ergonomics (How does my body react to stress) .	2		2

N.B : Midterm exam will be on 8th week .