



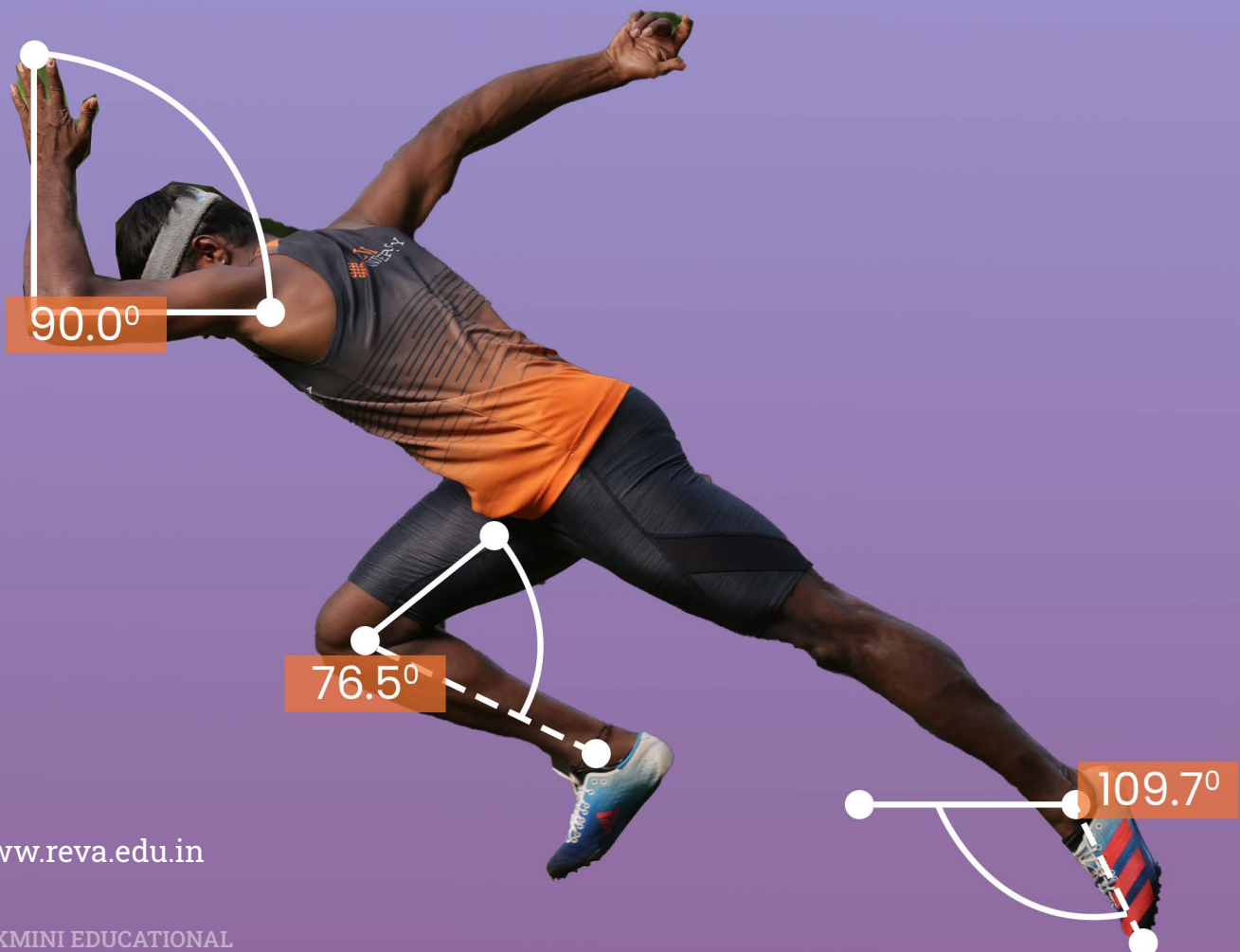
REVA  
UNIVERSITY  
Bengaluru, India

Department of Sports and Exercise Science  
School of Allied Health Sciences

*Organises*

Dynamic Two-day Biomechanics Workshop on  
**Hands-On Training with  
NordBord and ForceDecks**

 17<sup>th</sup> & 18<sup>th</sup> May, 2024



[www.reva.edu.in](http://www.reva.edu.in)

RUKMINI EDUCATIONAL  
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## Conveners

**Dr. Pasupuleti Visweswara Rao**

Associate Dean, School of Allied Health Sciences, REVA University

**Dr. Shilpa B. R**

Director, School of Allied Health Sciences, REVA University

### • Workshop Organisers

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### • Workshop Co-Ordinators

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## ABOUT REVA UNIVERSITY

REVA University is a State Private University established in Karnataka State under the Government of Karnataka Act No. 13 in the year 2012 in Bengaluru, the IT capital of India. The University is recognised by the University Grants Commission (UGC) and is approved by the AICTE (All India Council for Technical Education).

REVA University prides itself in contributing to every student's holistic development. The University currently offers 38 full-time Under Graduate Programmes, 33 full-time Post Graduate programmes, 20 PhD programmes, and certification and diploma programmes. The University offers programmes in Engineering, Architecture, Science and Technology, Commerce, Management Studies, Law, Arts & Humanities, and Performing Arts. Courses are offered in Certificate/Diploma and Post Graduate Diploma too. REVA University facilitates research leading to a Doctoral Degree in all disciplines. The programmes offered by REVA University are well-planned and designed based on methodical analysis and research with emphasis on knowledge assimilation, practical applications, hands-on training, global and industrial relevance, and their social significance.

## ABOUT DEPARTMENT OF SPORTS & EXERCISE SCIENCE

Department of Sports & Exercise Science offers a four-year full-time application-based program B.Sc. (Hons.) Sports & Exercise Science program. This program offered by REVA University combines theory and practical components, providing a strong foundation for understanding and applying the science behind sport performance, exercise, health, and physical activity. The B.Sc (Honors) in Sports & Exercise Science is an undergraduate degree program that focuses on the scientific study of human movement, Exercise physiology, sports performance, Sports Psychology, Sports Nutrition, Anthropometry, Biochemistry, Strength & Conditioning and related areas. This program provides students with a comprehensive understanding of the scientific principles underlying sports and exercise, as well as the practical skills necessary to apply this knowledge in various professional settings. Sports & Exercise science programme provides a comprehensive education that encompasses Major core courses, Minor core courses, Multidisciplinary course, Skill development course, Ability Enhancement course, Value added courses, Internship and Research Project. Through these components, students acquire both theoretical knowledge and practical skills, enabling them to contribute to the field, apply evidence-based practices, and pursue successful careers in sports science.



## ABOUT THE WORKSHOP

Experience the pinnacle of athletic advancement at our exclusive Two-Day Hands-On Training Workshop featuring NordBord and ForceDecks. Elevate your expertise as you immerse yourself in the latest innovations in sports science and technology. Through dynamic hands-on sessions, you'll unlock the secrets to optimizing performance, preventing injuries, and achieving peak physical condition. Led by renowned experts in the field, this transformative workshop offers a rare opportunity to delve into the intricacies of Biomechanics and functional movement analysis. From mastering assessment techniques to implementing personalized training protocols, you'll emerge equipped with the knowledge and skills to revolutionize your approach to coaching or athletic development. Don't miss this unparalleled chance to propel your career and unleash the full potential of your athletes. Join us for two days of unparalleled learning, collaboration, and empowerment.

## GUEST SPEAKERS



**Dr. Saju Joseph**

Ex- High Performance Director, SAI



**Mr. Vijay Dhamodharan**

Sports Performance Management  
Consultant - SDAT, Chennai

## SPEAKERS

**3. Dr. S. Srividhya**

HOD, Department of Sports & Exercise Science, REVA University

**4. Mr. Manikandan K**

Assistant Professor, Department of Sports & Exercise Science, REVA University



## COURSE LAYOUT

DAY-1: NordBord	DAY-2: ForceDecks
Functional anatomy and orientation of Hip and Thigh musculature	Equipment introduction and mechanism (sensors)
Physiology of muscular contraction	Equipment implementation
Equipment introduction and implementation	Assessment parameters of equipment & Interpretation
Assessment parameters of equipment & Interpretation	Various tests conducted using this equipment
Hands-On Training with equipment	Tests with demonstration and its importance
Q & A and discussion session	Hands-On Training with equipment
	Q & A and discussion session

## WORKSHOP OUTCOMES

- To equip students with the practical skills and knowledge to confidently navigate NordBord equipment, emphasizing hands-on experience, thorough assessment parameters, and basic fundamental interpretation techniques for a comprehensive learning journey.
- To engage students in a comprehensive exploration of anatomy and physiological principles, fostering a deep understanding of muscle structure and function.
- To empower students to recognize the vital role of understanding anatomical and physiological concepts in preventing and rehabilitating musculoskeletal injuries across diverse athletic populations, while simultaneously amplifying performance levels through informed application of this knowledge.



## Registration Guidelines and Steps for the Biomechanics Workshop

Join us for the Biomechanics Workshop on May 17th-18th! Follow these steps to reserve your spot:

**STEP 1:** Pay Rs. 3000 using the payment link: <https://www.reva.edu.in/payment> Your registration will be completed only after the payment.

**STEP 2:** Once payment is completed, please use the following link to access the registration form: <https://forms.gle/72FGtuLrU4WJtVhq8> Upload a copy of your payment receipt (PDF or image) and provide the payment reference number.



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