Year of study: Senior

a)Mechanics (PHY-101)  
b)Dr. Adam Zaman is the sweetest and the best instructor in SSE. But the course itself is really hard and mathematically intensive. The exams and quizzes make you doubt your existence (just to give you an idea that in Fall'20 the overall mean of course was between 50-55% even when half of the students used chegg and google in the graded instruments). So, I'd suggest go for mechanics only if you're good at Maths and Physics or if you're willing to give yourself torture.  
c)4

Gpa: a)Mechanics (PHY-101)  
b)Hey; yes, mechanics can be dull and drab the way it is usually taught, but I'm a 100% certain Dr. Adam, who's teaching it, will give everyone a run for their money by teaching it at a slightly higher level, thereby making the explanation of the concepts more appealing as compared to the standard presentation in first courses. I took the course with him last term and he's a gem of an instructor. Since I had done the Cal sequence, he recommended me to go through Kleppner and Kolenkow's book used in honors course in Mechanics at MIT. After reading the book, you don't feel like going back to the freshman books. He even used to model his lectures from that book so his lectures were amazing as usual. He does expect a lot from his students so some of his initial instruments were tough, but then he dumbed down the level and gave an easy final exam since most freshman aren't up for his expectations. But he'll never compromise how he teaches stuff and he'll most certainly make the course worthwhile.  
Yes, mechanics is all about solving pulleys and what not; but he'll make it interesting. If you read Kleppner's books, go to him and discuss it; he'll be more than happy to sit down, discuss the text and even solve challenging questions that behoove everyone. It's a quite challenging text and the instructor will really appreciate it you work on it, and you'll learn a lot about mechanics. It's his favorite mechanics text as well.  
Also, he's just an amazing instructor. For example, one can simply go by learning formulas for gravitation and kepler's laws and solve all questions. So in the additional problem sets he gave us, in addition to the max. 1 page long answers, he DERIVED for us kepler's law etc. etc. How cool is that?! Regardless of the course, he's an amazing instructor and he'll go at lengths to present the course material the way it should be. I have 2 courses with him and all of them have been amazing in terms of learning. So regardless of the course content, I think this comment deserves special mention because Dr. Adam is one of the finest instructor at LUMS I have come thus far. So you can definitely try this course, and there'll be a lot of room for you to challenge yourself both inside and outside of class: just go knock on his door with problems and he'll gladly help and explain you (even extra) stuff.  
c)4