For python codes, you will be needing a working python distribution. I strongly suggest you Anaconda. Here is the link of Anaconda python:

https://www.anaconda.com/products/individual

Further, you should use jupyter notebook or jupyter lab to use the codes that is given to you. In anaconda, there should be numpy (our matrix manipulation package) and matplotlib (visualization package) already installed.

Further, you need prody package to parse pdb/dcd files and manipulate them. Prody is not in anaconda bundle, so you should install it by using *pip* or *conda*, which are package managers of python and anaconda. You may try these commands:

pip install prody

conda install -c conda-forge prody