

January-2024								
Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	2/1/24 (Tuesday)							
Topic (type)	<b>Induction Programme</b>							
Room allotment								
PGs								

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	3/1/24(Wednesday)							
Topic (type)	Ex (T) Introduction to Exercise therapy  <b>Recommended books :</b> Therapeutic exercise – Carolyn Kisner, Therapeutic exercise – William D Bandy, Barbara Sanders ,P.No : 2 – 9  <b>Reference</b>	Microbiology	Ex (T) Measurements of Vital parameters  <b>Recommended books :</b> Physical Rehabilitation O’Sullivan, chapter 3 page no :30-83  Exercise Physiology – Katch&Katch (2nd edition)page no:518,519	Ex (P) Vitals	EI (T) Introduction to Physics-Static electricity, production of electrical charges and its characteristics  <b>Recommended books :</b> Electrothera py Evidence based practice –  Shiela kitchen 11 <sup>th</sup> edition Pg no-9 -11	Physiopedia-Vitals	Physical education	Submit the course certificate to Suvarna

	<b>books:</b> Therapeutic exercise – Carrie M. Hall- P No :1 –4, 2 <sup>nd</sup> edition  Therapeutic exercise treatment planning for progression, Frances E Huber.				Applied Electronics , R.S Sedha – pg 19-24  Principles of Electronics V.K Mehta. Pg 1- 4			
<b>Room allotment</b>	LH 2			Ex lab & EI lab	LH 2	LH 2		
<b>Faculty</b>	Bhavithra		Bhavithra	Bhavithra	Vijay	Bhavithra	Mahendra	
<b>PGs</b>				Vrushali Shradha Alisha				

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	4/1/24(Thursday)							
Topic (type)	Ex (T) Starting Positions – Fundamental positions & derived Positions, Planning of Treatment  <b>Recommended books :</b> Therapeutic exercise – Carolyn Kisner, Therapeutic exercise – William D Bandy, Barbara Sanders ,P.No : 2 – 9  <b>Reference books:</b> Therapeutic exercise – Carrie M. Hall- P No :1 –4, 2nd edition  Therapeutic exercise treatment planning for progression , Frances E Huber		Physiopedia- Posture	Pathology	Pharmacology			Submit the course certificate to Suvarna
Room allotment	LH 2		LH 3	LH 2	MC			
Faculty	Bhavithra		Bhavithra					
PGs								

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	5/1/24(Friday)							
Topic (type)	EI (T) <b>Basics of physics</b> Current in series and parallel	EI (T) Types of current, unit of electricity, resistance, ohms law Conductor, semiconductor, and insulators <b>Recommended books :</b> Claytons Electro therapy, Angela Forster, Nigel 9 <sup>th</sup> ed, pg 11-14 Applied Electronics , R.S Sedha – pg 30-31	Pathology	First Aid and nursing	Ex (P) Posture, observation and interview			
Room allotment	LH 2					Ex lab & EI lab		
Faculty	Vijay					Bhavithra		
PGs						Vrushali, Shradha, Alisha		

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	6/1/24(Saturday)							
Topic (type)	Fresher's Day							
Room allotment								
Faculty								
PGs								

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	8/1/24(Monday)							
Topic (type)	Ex (T) Anthropometric Measurements <b>Recommended books :</b> Body space – P.No :15 -30, 2nd edition  Physiological assessment of human fitness : First Edition: Peter J Maud/ Carl Foster : 174-185  <b>Reference</b>	Microbiology	Ex (P)  True limb length, apparent limb length, segmental limb length, functional limb length, girth measurement, vernier caliper, BCA, BMI, waist-hip ratio, chest measurements	Constitution of India (Swayam classes)			Physical education	

	<b>books:</b> Orthopedic Physical Assessment . P.No 1057 - 1059. 5 <sup>th</sup> Edition					
<b>Room allotment</b>	LH 2	LH 2	Ex lab & EI lab & Bio lab	LH 2		
<b>Faculty</b>	Bhavithra		Bhavithra	Suvarna	Mahendra	
<b>PGs</b>			Siraj, Amrutha, Jomin			

<b>Time</b>	<b>9-10</b>	<b>10-11</b>	<b>11-12</b>	<b>12-1</b>	<b>2-3</b>	<b>3-4</b>	<b>4-5</b>	<b>Remarks</b>
<b>Date</b>	9/1/24(Tuesday)							
<b>Topic (type)</b>	Ethics		EI (T) Basics of physics-Fuse, earthing, shock, burns <b>Recommended books :</b> Claytons Electro therapy, Angela Forster, Nigel 9th ed, pg 41-54.  Electrotherapy Explained, Principles and practice, John Low, Reed 4th ed, pg 209 - 218		Physiopedia course- Leg Length Discrepancy  LH 2			Submit the physiopedia course certificate to Suvarna
<b>Room</b>	LH 2		LH 2					

<b>allotment</b>							
Faculty		Vijay		Bhavithra			
PGs	Sushmitha & Samhitha						

<b>Time</b>	<b>9-10</b>	<b>10-11</b>	<b>11-12</b>	<b>12-1</b>	<b>2-3</b>	<b>3-4</b>	<b>4-5</b>	<b>Remarks</b>
<b>Date</b>	<b>10/1/24(Wednesday)</b>							
<b>Topic (type)</b>	Ex (T) Introduction to angular measurements  <b>Recommended books :</b> Measurement of joint motion – Cynthia C Norkin- entire book to be Referred.	Microbiology	Ex (T) Goniometry (includes pelvic inclination, ROM using different methods, reasoning using reliability and accuracy, MCID)			Physiopedia course- Goniometry	Physical education	
<b>Room allotment</b>	LH 2	LH 2	Ex lab & EI lab & Bio lab			LH 2		
Faculty	Sandeep		Sandeep				Mahendra	
PGs			Avani, Kalyan, Athira					

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	11/1/24(Thursday)							
Topic (type)	Ex (P) Goniometry (includes pelvic inclination, ROM using different methods, reasoning using reliability and accuracy, MCID)			Pathology	Pharmacology			
Room allotment	Ex lab & EI lab & Bio lab			LH 2				
Faculty	Sandeep							
PGs	Avani, Kalyan, Athira							

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	12/1/24(Friday)							
Topic (type)	EI (T) Electromagnetic spectrum Valves, resistance transformer, ionization <b>Recommended books :</b> Claytons Electro therapy, Angela Forster, Nigel 9 <sup>th</sup> ed, pg 22-38  Therapeutic modalities for physical therapist William A Prentice, 2 <sup>nd</sup> ed, pg 3-13  Electrotherapy Explained, Principles and practice, John Low , Reed 4 <sup>th</sup> ed, 193-			Pathology	First aid and nursing	Physiopedia- current concepts in electrotherapy		



	95,536-537 Claytons Electro therapy, Angela Forster, Nigel 9 <sup>th</sup> ed, pg 85-86					
<b>Room allotment</b>	LH 2					
Faculty	Vijay			Vijay		
PGs						

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
<b>Date</b>	<b>13/1/24(Saturday)</b>							
<b>Topic (type)</b>	Ex (T/P) Cognitive screening, ANS screening, sensation, tone  <b>Recommended books :</b> Physical Rehabilitation O'Sullivan, Page no: 123-126. Page no:127-132		EI (T) QUIZ/MCQs Basics of physics					
<b>Room allotment</b>	LH 2		LH 2					
Faculty	Shruthi							
PGs	Avani, Kalyan, Athira		Sports PGs					

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	15/1/24(Monday)							
Topic (type)	HOLIDAY							
Room allotment								
Faculty								
PGs								

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	16/1/24(Tuesday)							
Topic (type)	Ethics		EI (T) Pain gait theory and Bio-psycho social model of pain Clinical electro therapy Roger M Nelson Pages 210- 214; Electrotherapy explained Low and Reid Pages 78-80		Physiopedia Course on Bio-Psycho Social Model theory LH 2			Submit the physiopedia course certificate to Suvarna
Room allotment	LH 2		LH 2					
Faculty			Kalashree					
PGs	Sushmitha & Samhitha							

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	17/1/24(Wednesday)							
Topic (type)	Ex (T) Strength & endurance- MMT <b>Recommended books :</b> Daniel's & Worthingham's muscle testing (Hislop) Muscle testing and function- Florence Peterson Kendall Therapeutic exercise – Carolyn Kisner ,page no- 87,232,891 Physiology of sports & exercise –Jack H Wilmore (4 <sup>th</sup> edition)pg no:190-197,223-245,393	Microbiology	Ex (T) Strength & endurance-MMT		Assignment on various methods of grading	Introduction to treatment	Physical education	

	Exercise Physiology – Katch&Katch (2 <sup>nd</sup> edition) Pg no:311-312,376						
<b>Room allotment</b>	LH 2						
<b>Faculty</b>	Kalashree		Kalashree				Mahendra
<b>PGs</b>	Raghavi, Deepti, Ramya		Raghavi, Deepti, Ramya		Sushmitha & Samhitha		

<b>Time</b>	<b>9-10</b>	<b>10-11</b>	<b>11-12</b>	<b>12-1</b>	<b>2-3</b>	<b>3-4</b>	<b>4-5</b>	<b>Remarks</b>
<b>Date</b>	18/1/24(Thursday)							
<b>Topic (type)</b>	Ex (P)-Strength & endurance MMT, instrumental muscle testing, Functional muscle testing  <b>Recommended books :</b> Daniel's & Worthingham 's muscle testing (Hislop)  Muscle testing and function- Florence Peterson Kendall			Pathology	Pharmacology			

	<p>Therapeutic exercise – Carolyn Kisner ,page no- 87,232,891</p> <p>Physiology of sports &amp; exercise –Jack H Wilmore (4<sup>th</sup> edition)pg no:190- 197,223-245,393</p> <p>Exercise Physiology – Katch&amp;Katch (2<sup>nd</sup> edition) Pg no:311-312,376</p>					
<b>Room allotment</b>	Ex lab & El lab & Bio lab(3 groups)	LH 2				
<b>Faculty</b>	Kalashree					
<b>PGs</b>	Raghavi, Deepti, Ramya					

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	19/1/24(Friday)							
Topic (type)	EI (T) Nerve muscle physiology and preparation for electrotherapy-Sensory testing  <b>Recommended books :</b> Text book of medical physiology. 8th edition. A.C. Guyton (67-76)			Pathology	First aid & nursing	EI (P) Sensory testing		Submit the course certificate to Suvarna
Room allotment	LH 2			LH 2	LH 2	Ex lab & EI lab & Bio lab (3 groups)		
Faculty	Shruthi					Shruthi		
PGs						Anaga,lakshmi		

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	20/1/24(Saturday)							
Topic (type)	Ex (P)-Strength & endurance power, endurance, RM testing			Physiopedia on dermatome and myotome				
Room allotment	Ex lab & EI lab & Bio lab(3 groups)			LH 2				
Faculty	Kalashree			Shruthi				
PGs	Raghavi, Deepti, Ramya							



Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	23/1/24(Tuesday)							
Topic (type)	Administration	EI (T) Low frequency current, currents used in therapeutics, faradic and galvanic currents <b>Recommended books :</b> Clinical electro physiology -Andrew Robinson Pages 51-78			Ex (P) Agility, speed, isokinetic and isoinertial			
Room allotment	LH 2		LH 2		Ex lab & EI lab & Bio lab(3 groups)			
Faculty	Vikas		Asif		Vijay			
PGs					Raghavi, Deepti, Ramya			



Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	24/1/24(Wednesday)							
Topic (type)	Ex (T) Exercise capacity  <b>Recommended books :</b> Physiology of sports & exercise –Jack H Wilmore (4th edition)pg no:190-197,223-245,393  Exercise Physiology – Katch&Katch (2nd edition) Pg no:311-312,376	Microbiology	Ex (T) Exercise capacity		Physiopedia on exercise testing	Introduction to treatment	Physical education	Submit the course certificate to Suvarna
Room allotment	LH 2					LH 2		
Faculty	Naresh		Naresh				Mahendra	
PGs						Sushmitha & Samhitha		

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	25/1/24(Thursday)							
Topic (type)	Ex (P) Exercise capacity- treadmill based and field test <b>Recommended books :</b> Exercise Physiology McArdleKatch&Katch  ACSM- guidelines Practical manual page no 30-31			Pathology	Pharmacology			
Room allotment								
Faculty	Naresh							
PGs	Subendu, Aswin, Varsha H							

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	26/1/24(Friday)							
Topic (type)	Holiday							
Room allotment								
Faculty								
PGs								



Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	30/1/24(Tuesday)							
Topic (type)	Administration		Physiopedia on function evaluation	Ex (P) Function evaluation-Observation , scales and analysis				Submit the course certificate to Suvarna
Room allotment	LH 2		LH 3	Ex lab & EI lab & Bio lab (3 groups)				
Faculty	Vikas		Sandeep	Sandeep				
PGs				Amrutha, Siraj, Jomin				

Time	9-10	10-11	11-12	12-1	2-3	3-4	4-5	Remarks
Date	31/1/24(Wednesday)							
Topic (type)	EI (T) Cathod & Anodal galvanism	Microbiology	EI (T/P) Microcurrent & Macrocurrent, types of electrical stimulator  <b>Recommended books :</b> Clinical electro physiology - Andrew Robinson Pages 27-50			Introduction to treatment	Physical education	
Room allotment	LH 2		Electrotherapy lab			LH 2		
Faculty	Asif		Asif				Mahendra	
PGs						Sushmitha & Samhitha		

