

JSS College of Physiotherapy, Mysore
Department of Sports Sciences
I year MPT unit plan –March 2023

Date	Day	8 - 9am	9 -10am	10 -1pm	2-3pm	3-4pm	4-5pm	5 - 6.30pm
1-Mar	Wed	College Fitness Postings	CD	Clinical Postings	DOCUMENTATION / CLINICAL POSTINGS	Clinical Postings	Case Presentation – Ronika	Library /College Fitness Postings
2-Mar	Thu	College Fitness Postings	CD	Clinical Postings	DOCUMENTATION	Clinical Postings	Case Presentation - Ragavi	Library /College Fitness Postings
3-Mar	Fri	MOBILIZATION and MANIPULATION WORKSHOP						
4-Mar	Sat							
5-Mar	Sun							
6-Mar	Mon	College Fitness Postings	CD	Clinical Postings	Research gap & question - MRD	Manuscript reading and reporting - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3687192/ https://www.ncbi.nlm.nih.gov/books/NBK564411/	Principles of Prevention of Sports Injuries - VSR (PIV)	Library /College Fitness Postings
7-Mar	Tue	College Fitness Postings	CD	Clinical Postings	Growth & maturation of systems - (Deekshitha)	Clinical Discussions	Human movement control - VSR (PII)	Library /College Fitness Postings
8-Mar	Wed	College Fitness Postings	CD	Clinical Postings	Research gap & question - MRD	Manuscript reading and reporting	Case Presentation - Jerome	Library /College Fitness Postings
9-Mar	Thu	College Fitness Postings	CD	Clinical Postings	Growth and maturation - Skeletal system (Jerome)	Clinical Postings	Case Presentation - Deekshitha	Library /College Fitness Postings

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10-Mar	Fri	College Fitness Postings	CD	Clinical Postings	Sampling - SAB	Clinical Postings	Clinical Postings	Library /College Fitness Postings
11-Mar	Sat	College Fitness Postings	Case conference	SYNOPSIS 1st presentation (Intro)				
12-Mar	Sun							
13-Mar	Mon	College Fitness Postings	CD	Clinical Postings	Sampling - SAB	Clinical Postings	Case Presentation - Jerome	Library /College Fitness Postings
14-Mar	Tue	College Fitness Postings	CD	Clinical Postings	Growth and maturation - Muscular system (Ragavi)	Clinical Postings	Case Presentation - Ragavi	Library /College Fitness Postings
15-Mar	Wed	College Fitness Postings	CD	Clinical Postings	Measurement & outcome measures - TM	Clinical Postings	Case Presentation – Ronika	Library /College Fitness Postings
16-Mar	Thu	College Fitness Postings	CD	Clinical Postings	Growth and maturation - CV system (Ronika)	Clinical Postings	Case Presentation - Deekshitha	Library /College Fitness Postings
17-Mar	Fri	College Fitness Postings	CD	Clinical Postings	Measurement & outcome measures - TM	Clinical Postings	Clinical Postings	Library /College Fitness Postings

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18-Mar	Sat	Case conference	Case conference	Clinical / Synopsis /				
19-Mar	Sun							
20-Mar	Mon	College Fitness Postings	Documentation / CD	Clinical Postings	Measurement & outcome measures - TM	Clinical Postings	Case Presentation - Jerome	Library /College Fitness Postings
21-Mar	Tue	College Fitness Postings	Documentation / CD	Clinical Postings	Growth and maturation - CV system (Ronika)	Applied Physiology CV system (Deekshitha)	Case Presentation - Ragavi	Library /College Fitness Postings
22-Mar	Wed							
23-Mar	Thu	College Fitness Postings	Documentation / CD	Clinical Postings	Applied Physiology - Endocrine(Jerome)	Clinical Postings	Case Presentation – Ronika	Library /College Fitness Postings
24-Mar	Fri	College Fitness Postings	Documentation / CD	Clinical Postings	Measurement & outcome measures - TM	Clinical Postings	Clinical Postings	Library /College Fitness Postings
25-Mar	Sat	Case conference	Case conference	Synopsis presentation (RoL)				
26-Mar	Sun							
27-Mar	Mon	College Fitness Postings	Documentation / CD	Clinical Postings	Study Designs - TSN	Clinical Postings	Case Presentation - Deekshitha	Library /College Fitness Postings

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28-Mar	Tue	College Fitness Postings	Documentation / CD	Clinical Postings	Applied Physiology - MSK system (Ragavi)	Clinical Postings	Case Presentation - Jerome	Library /College Fitness Postings
29-Mar	Wed	College Fitness Postings	Documentation / CD	Clinical Postings	Study Designs - TSN	Clinical Postings	Case Presentation - Ragavi	Library /College Fitness Postings
30-Mar	Thu	College Fitness Postings	Documentation / CD	Clinical Postings	Applied Physiology - MSK system (Ronika)	Applied Physiology - MSK system (Ronika)	Discussions	Library /College Fitness Postings
31-Mar	Fri	College Fitness Postings	Documentation / CD	Clinical Postings	Study Designs - TSN	Clinical Postings	Case Presentation – Ronika	Library /College Fitness Postings
P- Paper, CD- Case Discussion, MRD – Dr M Renukadevi, TSN – Tejaswini S N, UHM – Uma H M, KJ- K Jeevananthan, SP- Sruthi Patel								

Recommended Physiopedia courses

1. Applied Sport and Exercise Physiotherapy Programme – 22 hours - <https://members.physio-pedia.com/applied-sport-and-exercise-physiotherapy-programme/>
2. Injury and Healing in Sports Physiotherapy' - <https://members.physio-pedia.com/injury-and-healing-in-sports-physiotherapy/>
3. Clinical Presentations of Shoulder Pain - <https://members.physio-pedia.com/learn/clinical-presentations-of-shoulder-pain/>
4. Introduction To the Knee - <https://members.physio-pedia.com/learn/introduction-to-the-knee/>

Head of the Department
Dept of Sports Sciences, JSSCPT

Principal
JSS College of Physiotherapy