

JSS College of physiotherapy
Department of Movement Science
MPT Unit Plan
January : 2024

Aim: To understand the principles and methods of exercise testing and prescription, and to apply them in clinical practice for patients with musculoskeletal disorders.

Specific objectives:

- To describe the types, purposes, and components of exercise testing and prescription.
- To explain the physiological and biomechanical determinants of exercise capacity and performance.
- To demonstrate the skills and techniques of conducting exercise testing and prescription, using appropriate equipment and protocols.
- To interpret the results of exercise testing and prescription, and to identify the factors that influence them.
- To formulate individualized exercise programs based on the results of exercise testing and prescription, and the goals and preferences of the patients.
- To evaluate the effectiveness and safety of exercise programs, and to modify them as needed.
- To justify the clinical reasoning and decision making behind exercise testing and prescription, using evidence-based practice and ethical principles.

Topics being addressed :

Exercise testing, prescription, determinants and reasoning. a. Exercise training and adaptations in functional capacity

b. Factors affecting function, performance- evaluation and analysis using laboratory tests and field tests, interpretation based on age, gender, race and other factors

c. Reasoning for relevant tests and methods

d. Understanding of potential safety concerns and precautions

Note: SDL: Self-Directed Learning JC: Journal Club TDL: Teacher-directed learning

Week plan

	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	
Mon	clinical posting				L U N C H B K	clinical posting		SDL	
Tues	SDL	JC		Practicals		Research	TDL/SDL	SDL	
Wed	SDL	Case presentation		pedagogy		TDL/SDL	TDL/SDL	SDL	
Thu	SDL	clinical posting				CD		SDL	
Frid	SDL	seminar		Practicals		Research	TDL/SDL	SDL	
Sat	Grand case presentation								

DATE	9-10	10-11	11-12	12-1	1-2	2-3	3-4	4-5	
1- mon	clinical posting	clinical posting	clinical posting	clinical posting	l u n c h b r e a k	clinical posting	clinical posting	SDL	
2- Tue	SDL	JC		Practicals		Research	TDL/SDL	SDL	
3- wed	SDL	Case presentation		pedagogy		TDL/SDL	TDL/SDL	SDL	
4-Thu	SDL	clinical posting				Clinical discussion (CD)	CD	SDL	
5-Fri	SDL	seminar		Practicals		Research	TDL/SDL	SDL	
6-sat	Grand case presentation					saturday			
8-Mon	clinical posting	clinical posting	clinical posting	clinical posting		clinical posting	clinical posting	SDL	
9-Tue	SDL	JC		Practicals		Research	TDL/SDL	SDL	
10-wed	SDL	Case presentation		pedagogy		TDL/SDL	TDL/SDL	SDL	
11-Thu	SDL	clinical posting				Clinical discussion (CD)	CD	SDL	
12-Fri	SDL	seminar		Practicals		Research	TDL/SDL	SDL	
13-sat	Grand case presentation					saturday			
16-Tue	SDL	JC		Practicals		Research	TDL/SDL	SDL	
17- Wed	SDL	Case presentation		pedagogy		TDL/SDL	TDL/SDL	SDL	
18-Thu	SDL	clinical posting				Clinical discussion (CD)	CD	SDL	
19-Fri	SDL	seminar		Practicals		Research	TDL/SDL	SDL	
20-Sat	Grand case presentation					saturday			
22- Mon	clinical posting	clinical posting	clinical posting	clinical posting		clinical posting	clinical posting	SDL	
23-Tue	SDL	JC		Practicals		Research	TDL/SDL	SDL	
24-wed	SDL	Case presentation		pedagogy		TDL/SDL	TDL/SDL	SDL	
25-Thu	SDL	clinical posting					Clinical discussion (CD)	CD	SDL
27- Sat	Grand case presentation					saturday			
29-Mon	clinical posting	clinical posting	clinical posting	clinical posting		clinical posting	clinical posting	SDL	
30-Tue	SDL	JC		Practicals		Research	TDL/SDL	SDL	
31-wed	SDL	Case presentation		pedagogy		TDL/SDL	TDL/SDL	SDL	

Required hours or MPT II

MPT hours requirement for 2024											
Name	Require d hours or MPT II	Require d hours or MPT II	Required hours or MPT II	Require d hours or MPT II	Required hours or MPT II	Require d hours or MPT II	Require d hours or MPT II	Require d hours or MPT II	Require d hours or MPT II	Required hours or MPT II	Required hours or MPT II
Activity	Lectures	seminar s	Pract/de mo	Cl. Disc	cae prsnt	JC	pedagog y	SDL	cl. Trng	Research	Adv prof act
Vaishnavi	141	116	300	164	137	176	60	270	410	110	

PRINCIPAL

HOD (MOVEMENT SCIENCE)

Discussion/ (Lecturer) list